

MELATONIN

Melatonin is a natural substance secreted by the pineal gland in the brain. Recognized as a key element in regulating the body's daily metabolic rates, melatonin is synchronized with our biological clock and dictates changes in our metabolic activity. Melatonin also acts as an anti-stress agent, a night-time restorative, an immune booster and it provides the body with antioxidant protection from free-radical damage.

Irregularities in melatonin production can cause sleep problems, lethargy and mood disorders. With age, melatonin production can become sluggish. The total amount of melatonin decreases substantially and the day-night cycle becomes less pronounced. Such deficiencies cause sleeplessness, and the melatonin needs to be replenished for sleep to be optimally restored.

Deidou Melatonin Fast-Dissolving Tablets dissolves quickly and is absorbed immediately by the body so you can sleep fast!

Main Functions:

- Promotes falling asleep quickly and improves sleep quality
- Natural regulates and reestablishes a normal circadian sleep rhythm
- Helps prevent and/or reduce the effects of jet lag (e.g., daytime fatigue, sleep disturbance) for people travelling by plane across two or more time zones.
- Exhibits positive psychological benefits on a person's mood
- Sublingual tablet for easy absorption into bloodstream
- Suitable For seniors, shift workers and frequent travelers

Each Tablet Contains:

Melatonin(N-Acetyl-5-methoxytryptamine) ... 3mg

120 tablets per bottle

Recommended Dose:

Take 1 tablet, 1 time daily.

or as directed by a health care practitioner. Do not drive or use machinery for 5 hours after taking melatonin.

Jet lag: 1 tablet once daily at bedtime while travelling, and at destination after darkness has fallen until adaptation to the new daily pattern. For occasional short-term use.

NPN:

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