



# Melatonin 20

Support for  
Restorative Sleep\*

Poor sleep quality increases stress, weakens the immune system, and diminishes mental and physical energy. Melatonin 20 was carefully calibrated to promote healthy sleep patterns using a holistic approach.\* In addition to proper diet and regular exercise, achieving deep, restful sleep is crucial to staying healthy. Melatonin 20 contains a potent dose of the highest-purity melatonin available without any other unnecessary ingredients to help the body support and promote cellular health and natural sleep cycles.\*

## How Melatonin 20 Works

Melatonin is a hormone secreted by the pineal gland in the brain that is used by the body to promote restorative sleep, healthy immune function, and cellular health.\*<sup>1</sup> Research shows that high-dose melatonin above 10mg can help support deeper sleep cycles, balanced immune responses, and healthy inflammatory markers.\*<sup>2</sup>

Melatonin plays a crucial role in regulating the sleep-wake cycle. It is most commonly used to improve sleep quality by reducing the time it takes to fall asleep, increasing total sleep duration, and supporting sleep efficiency.\* It can also support a healthy response to the effects of jet lag and shift work by helping the body adjust its internal clock to fall asleep despite sleep disturbances.\*

Another well-studied property of melatonin is its role as an antioxidant. It has the ability to scavenge free radicals and support healthy oxidative stress response, which may benefit cellular health and even support healthy DNA repair.\*<sup>3,4,5</sup> Melatonin has also been shown to have a positive impact on mitochondrial function by supporting the production of healthy cellular energy.\*<sup>6,7</sup> By acting as an antioxidant, melatonin supports the body's repair and regeneration processes by promoting quality sleep.\*

Melatonin also helps support the immune system and promote healthy inflammatory markers.\* Research has demonstrated it can enhance the production and activity of certain immune cells.\*<sup>8,9</sup> It has also been shown to support the production of healthy signaling molecules that play a role in modulating immune responses.\*<sup>10,11</sup> Additionally, adequate sleep allows the immune system to function optimally, supporting healthy immune cell activity and promoting healthy immune function.\*



Form: 90 Capsules

Serving Size: 1 Capsule

Ingredients	Amount	%DV
Melatonin	20 mg	*

### Other Ingredients:

Microcrystalline cellulose, vegetable stearic acid, hypromellose, vegetable magnesium stearate.

### Directions:

Take one capsule one hour before bedtime or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



PRODUCED IN A  
cGMP FACILITY

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Melatonin 20 Supplementation

Backed by scientific research, Melatonin 20 was designed to provide targeted sleep support by harnessing the power of this naturally occurring hormone to restore balance to sleep patterns, helping reduce sleep onset latency, stay asleep longer, and wake up refreshed and revitalized.\*

Supplementation with Melatonin 20 may include these additional benefits:

- Promotes healthy sleep patterns\*
- Supports restorative sleep\*
- Promotes cellular health\*
- Supports healthy mitochondria\*
- Supports healthy immune function\*
- Promotes healthy inflammatory markers\*
- Supports healthy oxidative stress response\*

### References:

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