

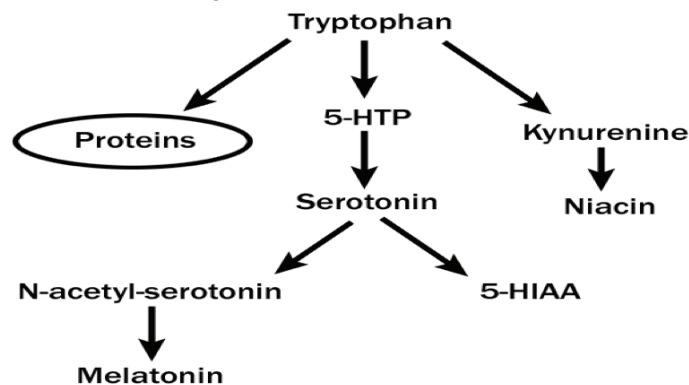


MELATONIN TR PRO

What Is MELATONIN TR PRO?

Melatonin TR Pro is formulated with extended-release melatonin as well as vitamin B6 (pyridoxine HCl) to support normal circadian rhythms/sleep-wake cycles through a biphasic delivery system of melatonin – acting both quickly and over a period of several hours after ingestion.* Melatonin is a hormone secreted by the pineal gland in the brain that is used by the body to help regulate its internal body clock and induce sleep.

The body also produces melatonin through metabolism of the neurotransmitter serotonin.



Melatonin secretion is regulated by hormone/neurotransmitter norepinephrine. Exposure to light environments (such as daylight) reduces melatonin synthesis by stopping stimulation of norepinephrine, whereas exposure to dark environments does the opposite. Thus, it is easier for people to fall asleep when it's dark outside as opposed to bright, sunny times of the day.

* 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.

This is why normal circadian rhythms are imperative for proper melatonin production and a healthy sleep cycle. Night shift workers may struggle to sleep for more than several hours per day as their body is essentially on an inverse schedule in terms of normal circadian rhythms.

MELATONIN TR PRO Supplementation

There are a host of benefits that arise from supplementing with extended-release melatonin thanks to its ability to support healthy sleep patterns. When circadian rhythms and sleep patterns are askew, a wide variety of health problems and premature aging are more likely to occur.*

Therefore, individuals with irregular sleep patterns and those that work night shifts and/or get jet lag from traveling may benefit from extended-release melatonin supplementation.* Extended-release melatonin may also prove worthwhile for individuals who have trouble getting to, and staying, asleep at night.*

Moreover, melatonin appears to be a potent antioxidant with immune-enhancing properties.* Antioxidants are molecules that reduce oxidative stress induced by reactive oxygen species in the body.*

Melatonin TR Pro also contains vitamin B6 (as pyridoxine HCl) which facilitates conversion of the excitatory neurotransmitter glutamate to the "calming" neurotransmitter GABA.

Supplementing with Melatonin TR Pro is recommended to support the time it takes you to fall asleep and to support healthy sleep-wake cycles.* It may also be a useful supplement for daytime stress management, among a variety of other beneficial properties.*

Clinical research suggests the benefits of melatonin supplementation may include:

- May help insomnia and jet lag*
- Support healthy growth hormone production*
- Support immune function*
- Support relaxation and calmness*
- Supports proper sleep cycles and circadian rhythms*

MELATONIN TR PRO Dosing Recommendations

Supplement Facts		
Serving Size: 1 Tablet		
Servings Per Container: 90		
	Amount Per Serving	%DV*
Vitamin B6 (as Pyridoxine HCl)	10 mg	500%
Melatonin	5 mg	**
<small>*Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.</small>		

Other Ingredients: Methocel, Dicalcium Phosphate, Stearic Acid, Silicon Dioxide, Hydroxypropyl Methylcellulose.

To support healthy sleep patterns, take one tablet daily, one hour before bedtime, or as directed by your healthcare practitioner.*

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

The TonicSea Quality Difference

This product is produced in a cGMP facility. It is also free of wheat/gluten, soy, shellfish, dairy, egg, tree nuts, artificial colors/preservatives, and GMOs.



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