

10 mg MELATONIN + B6

Cancer Support & Promotes Natural Sleep

Melatonin resets circadian rhythms and regulates the sleep-wake cycle, improving overall sleep quality. Beyond sleep, it is a powerful antioxidant, stimulates the immune system, and possesses anti-inflammatory properties for brain, neurological, heart and cancer protection.

- ▶ High dose 10 mg Melatonin
- ▶ B6 enhances melatonin absorption
- ▶ Sublingual fast-acting tablet

Fall asleep faster!

Stay asleep longer!

Wake refreshed!

Anti-aging

Cancer support

Neuro protection



Why Supplement with Melatonin?

Artificial Light - extension of daylight hours suppresses production of melatonin

Aging - pineal calcification leading to decreased melatonin production.^{e, f}

Electrosmog - computers, laptops, tablets, television, and electrosmog suppress melatonin production.^c

Shift work - disrupts circadian cycle of melatonin and is linked to immune dysfunction and increased cancer rates^d.

Jet Lag and late night schedules - disrupt circadian cycle of melatonin

Non-addictive – safely reset circadian rhythms and natural sleep patterns, improving overall sleep quality

No 'Hangover' – unlike other types of sleep aids, melatonin does not produce a 'hang-over' feeling in the morning

USA



1-888-415-0535
www.terra-medica.com

Canada



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Nature's path to vitality



Melatonin Health Benefits

Melatonin is best known for its effectiveness as a sleep aid and regulating the sleep-wake cycle. However, melatonin's benefits far exceed sleep with over 6000 studies that demonstrate; an impressive ability to control oxidative damage in systems throughout the body; reduce trauma from brain injury; prevent heart muscle damage; offer neuroprotection; increase cognitive functioning; and offer cancer support and reduce the toxic effects of chemotherapy to name a few.

Cancer Support

- Cancer prevention and control
- Reduce side effects from chemotherapy (low platelet counts, neurotoxicity, cardiotoxicity, and mouth sores)
- Enhance effectiveness of standard therapy for cancer
- Protects shift-workers from known increased cancer risks ^d.

Brain Health, Neuroprotection and Healthy Cognitive Function

- Prevent neurodegenerative diseases
- Improve mild cognitive impairment, learning and memory (Alzheimer's and dementia)
- Protect against brain injury (stroke or trauma)
- Neuroprotection in older adults — calcification of pineal - offsets age-related diminished pineal-derived melatonin
- Optimize brain cognitive function during natural aging

Mental Health

- Depression-related sleep disturbances
- Seasonal Affective Disorder (SAD)

Immune and Inflammation Support

- Powerful anti-inflammatory and antioxidant properties
- Stimulate immune system
- Improved wound healing

Cardiovascular Health

- Cardioprotection (angina, heart attack risk)
- Reduce night-time hypertension (cardiovascular risk factor)

Gastrointestinal Health

- GI tract protection
- Alleviates gastroesophageal reflux disease (GERD)
- Reduces functional dyspepsia symptoms
- Irritable Bowel Syndrome (IBS)

Headaches

- Cluster headaches, migraines

Anti-aging

Sleep

- Difficulty falling asleep (insomnia, delayed sleep phase syndrome)
- Waking in the night
- Shift work and late night/altered sleep schedules
- Jet lag

According to Harlan Lahti, Pharmacist, everyone is melatonin deficient and a 1 - 5 mg dosage is inadequate in 50% of the population to get desired sleep results.

Powerful antioxidant and anti-inflammatory properties, and one of body's the most efficient free-radical scavengers^g.

Resets the body's sleep-wake cycles, increases REM and total sleep time and improves sleep quality





High Dose 10 mg Melatonin

1. Significantly increases duration of REM and deep sleep for greater repair, regeneration and detoxification sleep.^h
2. Safety - research show safety at high dosage with no serious side effects^{h, i}
 - A human clinical trial conducted in the Netherlands administered 75 mg melatonin nightly to 1400 women over 4 years, with no serious side effects reported.ⁱ
3. Cancer therapy – melatonin is at the forefront of cancer immunotherapy by:
 - Working synergistically with anti-tumor systems in the body and dramatically decreasing adverse effects of treatment (chemotherapy and radiation associated toxicity including: low platelet counts, neurotoxicity and cardiotoxicity and mouth sores)
 - Improving tumour killing power of the cytokine interleukin-2 (IL-2) at 40 mg /day of melatonin
 - Immune boosting properties and improved REM and deep sleep

Why Vitamin B6?

- Essential for melatonin biosynthesis, secretion and enhanced absorption^{a, b}.
- An important component for brain and nervous system function

Sublingual Rapid Dissolve Tablet

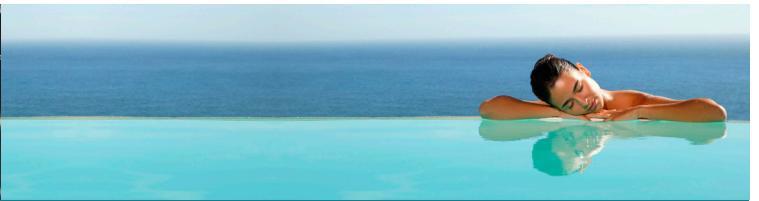
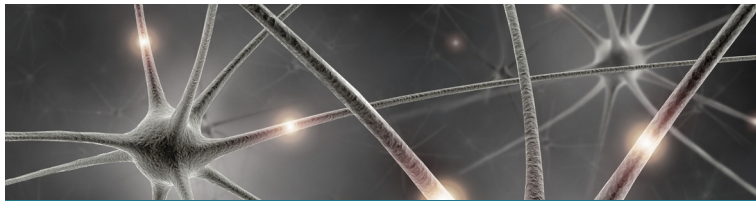
Immediate absorption into the bloodstream, bypassing digestion. Ideal for difficulty falling asleep and waking in the night

Individualized Melatonin Dosage

- *Difficulty falling asleep* - take 1 tablet of melatonin 30 min to 1 hour before bedtime
- *Nighttime awakening and early morning insomnia* – keep on bedside table and take 1 tablet upon waking (do not take within 1 hour of getting up in the morning)
- *Jetlag* – take 1 hour before desired bedtime after darkness in new destination until adaptation to new daily pattern. Especially effective when travelling eastbound over 2 or more time zones
- *Shift work* – take 1 tablet several hours before planning on sleep (note: avoid driving, direct sunlight or bright light after taking melatonin)
- *Age-related sleep aid* – effectiveness of melatonin may increase with advancing age due to calcification of the pineal gland and decreased pineal-derived melatonin availability - take 1 tablet of melatonin 30 min to 1 hour before bedtime
- *Cancer support, prevention and control* – to boost immune properties and increase REM sleep for nightly repair, regeneration and detoxification – take 10 - 50 mg of melatonin 30 min to 1 hour before bedtime
- *For patients that 'do not do well' on melatonin* (restless, sleep worse, too stimulating), take 1 tablet of melatonin with 1 tsp (4g) of glycine. Glycine has shown to improve melatonin tolerance, as it acts as a serotonin re-uptake inhibitor and decreases core body temperature to match physiological temperature during sleep

Note: If tired or groggy upon waking, reduce the dosage as one should wake feeling refreshed

Caution: Do not use melatonin during the daytime, as this can cause adverse effects and disrupt nighttime sleep. Do not drive or use machinery for 5 hours after taking melatonin.



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Sleep Protocol

Re-educate patients on good sleep habits and bedtime routine.

Melatonin relies on environmental light cues, with darkness as the trigger to increase production. Therefore, one hour before bed: no electronics should be used (this includes computers, tv, or cell phone), all lights should be dimmed, no exposure to bright light (ex. don't turn on bathroom light to brush teeth).

For the best results with Melatonin, the bedroom should be pitch-black throughout the night with no ambient light emission (ex. from alarm clocks, street lights etc).

Medicinal Ingredients:

Each tablet contains:

Melatonin..... 10 mg

Vitamin B6..... 10 mg

Dosage (adult): Take one tablet before or at bedtime, or as directed by a health care practitioner. Suitable for vegetarians.

Caution/warnings: Do not drive or use machinery for 5 hours after taking melatonin.

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*These statements have not been evaluated by the FDA or Health Canada.
This product is not intended to diagnose, treat, cure or prevent any disease.*

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GMO-Free

Vegetarian

