

DOCTOR'S[®] CHOICE

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#14A SWEET DREAMS MELATONIN MELAPURE

Melatonin is a substance found in almost all cells from the simplest life forms (algae) to the human body. Melatonin is produced and secreted by the pineal gland and as we age secretion decreases. Supplementation of melatonin may be able to replace the decreased secretion that is part of the aging process.

The hormone melatonin in clinical studies has shown to produce rapid sleep onset, and to increase the duration of sleep.

Some reports show that around the age of 6, melatonin secretions from the pineal gland begin to decrease, due to the increased intake of food as we grow (melatonin is thought to be found in all foods). But the melatonin in foods may not be enough to supply the ongoing needs of the body, so it is highly recommended to use dietary supplementation as a means of receiving additional melatonin.

Melatonin is a well-tolerated, non-habit-forming agent which does not produce grogginess. As an antioxidant it may turn back the ravages of time by “resetting” the body's aging clock. Melatonin has demonstrated beneficial effects against jet lag, without the apparent adverse side effects of other remedies. Studies recently indicate melatonin may bolster our immune system, slow the growth of cataracts and tumors, and help fight off heart disease, all of which are exacerbated by stress.

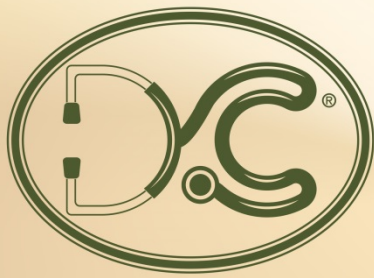
More than 50 million Americans suffer from sleep disorders, including insomnia, excessive drowsiness, and restless movement during sleep. Sleep disorders can disrupt a person's lifestyle by causing a shorter attention span, decreased energy and physical strength. More importantly, those suffering from a lack of sleep are more prone to accidents, depression and infections. Four to six million Americans each year receive medications for sleeping pills; these prescriptions often cause side effects including grogginess, escalating to tolerance, dependence and withdrawal symptoms. Once the drug is discontinued sleep patterns may be worse than before the treatment was started.

Melatonin shares none of these problems, and therefore is considered to be an ideal sleep-inducing aid. Doctor's Choice[®] uses the purest source of Melatonin in the world, guaranteeing superior results.

At Doctor's Choice[®] all our raw materials are of the purest possible pharmaceutical grade, and they are manufactured by suppliers in either Japan (pre-Fukushima nuclear disaster), USA, or Europe that have a proven record for consistent high standards and quality. Our products may not be the least expensive in the marketplace, but we guarantee that they are among the purest.

Disclaimers: The statements regarding our products are solely for use by healthcare practitioners. The product information provided on this page is based on scientific evidence about each ingredient, and has not been evaluated by Health Canada. The information provided is not intended to replace medical advice offered by a healthcare practitioners, nor should this information be used to treat any health problems without first consulting a healthcare practitioner.





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Because Doctor's Choice[™] uses only the finest ingredients in the world in every product, and the products are formulated by a naturopathic doctor and a pharmaceutical chemist, our products tend to be more expensive than other brands. For example, our Melatonin is made using only 100% patented pharmaceutical-grade raw material that has been issued a DMF (drug master file) number, and because the raw material is patented, we pay 700% more than we would for unpatented material. However, patented material means that it is clinically researched and the quality is consistently high with each order.

Recommended Dosage: Adults take 15-45 drops (0.5ml-0.15ml) per day. Add to glass of water (200ml) on or before bedtime or as directed by your health care practitioner.

Recommended Duration of Use: For use beyond 4 weeks, consult your health care practitioner.

Recommended Use: Helps increase the total sleep time in people suffering from sleep restriction or altered sleep schedule.

Caution/Risk Information/Contra-Indications: Consult a health care practitioner prior to use if you have hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraine, depression and/or hypertension or if you are taking blood pressure or sedative/hypnotic medications. If symptoms persist continuously for more than 4 weeks, consult your health care practitioner. Do not use if you are pregnant, breast feeding or taking or taking immunosuppressive drugs. Do not drive or use machinery for 5 hours after taking melatonin.

Ingredients: 60ml

Melapure Melatonin.....1mg/ 7 drops
(1200 drops/bottle)

Non-medicinal Ingredients:

Water, glycerin (vegetable source), ethanol, citric acid, natural peppermint flavor, grape seed extract.

Contains no wheat, corn, yeast, soy or dairy.

MelapureR- Registered Tm of Flamma S.p.A. Italy

Non-GMO

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