Melatonin – Beyond Sleep Support

About Melatonin

• Melatonin is our naturally occurring sleep hormone.1,2
• It helps promote sound sleep within 30 minutes of taking it.3
• Reduces the effects of jet lag especially if you are travelling across 5 or more time zones.4
• Improves sleep and reduces the pain and discomfort in women suffering from chronic pelvic irritation (i.e. endometriosis).5
• Other health benefits include:
  • Eases the stomach pain and the discomfort of heartburn.6
  • Decreases the abdominal bloating, pain, and constipation associated with irritable bowel syndrome (IBS).7
  • Calms chronic ringing in ears (known as tinnitus) and promotes a deeper sleep.8,9

How To Use Melatonin

Melatonin 3 mg and 10 mg:
• Dissolve 1 tablet under the tongue at bedtime once per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 4 weeks.

Cautions and Contraindications

• Consult a health care practitioner prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraine, depression and/or hypertension, or if you are taking blood pressure medications, sedative/hypnotic medications, or steroids.10 Melatonin production and release may be inhibited by beta-blockers (used for high blood pressure)11 and non-steroidal anti-inflammatory drugs (NSAIDs), like aspirin or ibuprofen,12 leading to disturbed sleep.
• If you are taking one of the following medications, consult a health care practitioner prior to use: anticoagulant, anticonvulsant, blood pressure medications, immunosuppressive medications, sedative, hypnotic or psychotropic medications, or steroids.10 Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. Do not drive or use machinery for 5 hours after taking melatonin. If symptoms persist continuously for more than 4 weeks (chronic insomnia), consult your health care practitioner. Keep out of reach of children.

Quick Tips for Optimal Health

☐ Eat up. Everyday foods like tomatoes, olives, barley, rice, walnuts, and strawberries contain melatonin.13
☐ Cut the evening coffee. Coffee not only interferes with sleep but also decreases melatonin levels.14
☐ Turn off the night light. Too much bright light exposure suppresses melatonin in children twice that of adults.15
☐ Power down the gadgets. Mobile phones, tablets, and “green” energy efficient light bulbs emit a blue wavelength which can suppress melatonin levels after two hours of use.16
☐ Music therapy 30 minutes per day 4 to 5 times a week increases melatonin levels and supports a calmer mood in those with Alzheimer’s.17
☐ Drinking tart cherry juice (240 ml per day) helps to increase melatonin levels and support a deeper sleep.18
☐ Stop smoking. Smokers have lower melatonin levels!19

PATIENT NAME:

PRACTITIONER CONTACT INFORMATION:

PRACTITIONER NOTES
References

6. de Oliveira Torres JD, de Souza Pereira R. Which is the best choice for gastroesophageal disorders: Melatonin or proton pump inhibitors? World J Gastrointest Pharmacol Ther. 2010;1:102-6.