DESCRIPTION
Melazone 3 mg SL tablets, from Medical Wellness
Associates, contain 3 mg of purest pharmaceutical
grade melatonin, in a convenient sublingual tablet.

FUNCTIONS
Melatonin is a natural hormone nutrient that is
synthesized from the amino acid tryptophan by the
pineal gland in the back of the brain. Melatonin also
occurs in small amounts in a variety of foods. In the
body, melatonin appears to regulate sleep/wake
cycles, support normal immune function, and protect
cells from free radical damage.

Most of the research on melatonin has focused on its
role in maintaining normal sleep/wake rhythms. The
perception of daylight in the eyes is a signal for the
pineal gland to inhibit melatonin synthesis and
release. At night or in the dark, the body’s melatonin
production rises. The rise in plasma melatonin is
thought to be responsible for bringing on sleep.
Nocturnal melatonin production is highest in children
and begins to decline from adolescence on until it is
virtually absent in the elderly.

Melatonin supports normal immune function by
helping maintain the activity of circulating natural
killer cells. It also has been found to function as an
antagonist for stress-induced immunosuppression.

Melatonin is considered a potent antioxidant that
enters all body cells to help prevent free radical
damage. In the brain, melatonin is perhaps the most
important physiological antioxidant. Due to its lipid
and water-soluble properties, it can freely cross the
blood-brain barrier. In vitro studies show that
melatonin is more effective than glutathione in
scavenging toxic hydroxyl radicals, and also more
efficient than vitamin E in neutralizing peroxyl
radicals which can induce DNA damage.

Furthermore, melatonin stimulates the main
antioxidant enzyme of the brain, glutathione
peroxidase.

INDICATIONS
Melazone 3 mg SL may be a useful dietary
supplement for individuals wishing to supplement
their diet with melatonin.

FORMULA (#81322)
Each Sublingual Tablet Contains:
Melatonin ....................................................... 3 mg

SUGGESTED USE
Adults take 1 tablet daily or as directed by physician.

SIDE EFFECTS
Warning:
Not to be taken by individuals under the age of 18. If
you are pregnant, nursing, taking any prescription
medication (especially hormone replacement
therapy), or have an autoimmune or depressive
disorder consult a physician before using this
product. Long-term use of melatonin has not been
studied. Use of this product could cause hypothermia.
Do not use before or while operating a motor vehicle
or heavy machinery.

STORAGE
Store in a cool, dry place, away from direct light.
Keep out of reach of children.

REFERENCES
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Lieberman HR: Behavior, sleep and melatonin. J Neural Transm Suppl
Lissoni P, Barri S, Cattaneo G et al: Clinical results with the pineal hormone
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Oncology 1991;48:448-450.

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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.

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