

Melatonin SRT™

*Natural support for restful sleep**

Melatonin is a hormone that is released from the pineal gland, a pea-sized endocrine gland located in the brain. Specific nutrients and other biochemical substances are required for the body to create melatonin, such as the amino acid tryptophan and the hormone serotonin, along with vitamin B6, folate, SAME and iron. However, many people do not make enough melatonin, and therefore may benefit from additional supplementation. Melatonin SRT™ provides 6 mg of quality melatonin in a sustained-release formula. Melatonin has a relatively short half-life in the body, so a sustained-release formula that the body absorbs over the course of several hours may be more suitable for those who experience difficulty staying asleep through the night. (The “SRT” in Melatonin SRT™ stands for sustained-release technology.)

One of melatonin’s principal functions is to help regulate sleep by controlling our day and night biological rhythms, known as the ‘circadian rhythm’ or the 24-hour biological clock. Melatonin regulates the body’s sleep response when exposed to natural light. Our bodies release less melatonin in daylight and more melatonin in darkness to prepare for sleep. Melatonin also supports healthy immune and stress responses and is an important antioxidant, acting as an effective scavenger of free radicals.

Factors that may reduce the production of melatonin include:

- Normal aging
- Poor sleeping habits, such as going to bed too late or sleeping during the day
- Inadequate darkness for the duration of the night
- Insufficient exposure to natural light during daytime
- Excessive mental stress
- Use of brightly lit screens (e.g., phones, tablets) or exposure to bright overhead lights close to bedtime
- High caffeine or alcohol consumption too close to bedtime
- A diet low in nutrients needed to create melatonin
- Inability to properly use the nutrients needed to create melatonin

Helpful Hint: To help your body produce melatonin, make your bedroom as dark as possible, as light inhibits the production of melatonin. Close the shades or use “blackout curtains” and keep electronics out of the bedroom (yes, that means computers, cell phones, nightlights and bright digital alarm clocks).

Recommended Use: Adults take 1 tablet per day twenty minutes before bedtime, or as directed by your health care practitioner.

Note: If pregnant or using a prescription drug, consult your health care practitioner. Do not take this product if you suffer from an autoimmune disease, depression, diabetes, or any endocrine disorders. Do not use this product while operating a motorized vehicle or heavy machinery.

Benefits of Melatonin*

- Regulates sleep and the body’s day/night rhythmic cycle
- Modulates the body’s response from lack of natural light
- Helps alleviate jet lag
- May help stimulate the immune response
- Supports a healthy level of stress hormones
- Supports healthy antioxidant functions



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.