



Sleep Tight™ Liquid Melatonin

Nature's Harmony® Liquid Melatonin may help in the temporary relief of insomnia. Each 1 mL dropper of Nature's Harmony Liquid Melatonin provides 3 mg of melatonin. This dosage form, with a natural berry flavour, is a suitable choice for people who have difficulty swallowing pills.

PRODUCT CODE: 400185

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps increase total sleep time aspect of sleep quality in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps to relieve the daytime fatigue associated with jet lag. Helps reduce the time it takes to fall asleep in people with delayed sleep phase syndrome. Helps reset the body's sleep-wake cycle aspect of circadian rhythm.	Liquid	Take 1 dropper (1mL) a day at bedtime only. For use beyond four weeks, consult a health care practitioner.

DESCRIPTION:

Melatonin is a hormone produced by the pineal gland in the brain. Responsible for regulating our sleep-wake cycles, this hormone is released into the bloodstream to induce sleep. Melatonin helps regulate our body's regeneration process and, therefore, helps to maintain healthy, youthful tissues. Melatonin promotes sleep, eases shift work transitions, and may relieve jet lag, without the hazards or side effects of prescription sleeping pills.

Recommended Daily Allowance: N/A

Food Sources: None .

Causes of Deficiency: Poor diet, depression or anxiety, stress, prescription medications, shift work.

Symptoms of Deficiency: Dleeping problems, insomnia.

Complementary Nutrients: Chamomile tea.

HOW IT WORKS:

In the natural sleep-wake cycle, darkness triggers the release of melatonin. Once released into the bloodstream, melatonin prepares the body for sleep, decreasing temperature, alertness and performance. Melatonin supplements interact with melatonin receptors in the brain in the same way to induce sleep and help regulate the body's normal sleep patterns.

Sleep Tight™ Liquid Melatonin

RESEARCH:

Several studies have shown an association between decreased melatonin levels and increased risk of insomnia. Melatonin increases the speed of falling asleep and improves the overall quality of sleep. Studies also show that supplementing with melatonin before and after travel can reduce the effects of jet lag. Most importantly, melatonin is a sleep aid without any hangover-like effects.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if you are pregnant, breastfeeding or taking immunosuppressive drugs. 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 taking blood pressure or sedative/hypnotic medications. If symptoms persist continuously for more than four weeks, consult your health care practitioner. Do not drive or use machinery for five hours after taking melatonin.

OTHER CONSIDERATIONS:

Nature's Harmony® Sleep Tight™ Liquid Melatonin is a synthetically sourced melatonin product. It is NOT sourced from the pineal gland of beef cattle and, therefore, contains absolutely no risk of BSE (mad cow disease).

LABEL:

Usage recommandé: Aide à augmenter la durée totale du sommeil (aspect de la qualité du sommeil), chez les personnes qui souffrent d'un manque de sommeil ou d'une perturbation du sommeil, causées par exemple par les quarts de travail ou le décalage horaire. Aide à atténuer la fatigue de jour attribuable au décalage horaire et aide à réduire le temps qu'il faut pour s'endormir chez les personnes affectées par le syndrome du retard de phase. Aide à rétablir le cycle veille-sommeil du rythme circadien.

Dose recommandée (adultes): Prendre 1 compte-gouttes (1 mL) par jour à l'heure du coucher seulement. Pour un usage de plus de quatre semaines, consulter un praticien de soins de santé.

Ingédient médicamenteux: Chaque compte-gouttes de 1 mL contient:
 Mélatonine (synthétique)..... 3 mg

Ingédients non médicinaux: eau filtrée, fructose, arôme de baies naturelles, acide malique, benzoate de sodium, sorbate de potassium.

Information sur les risques: Ne pas utiliser si vous êtes enceinte ou allaitante, ou si vous prenez des immunodépresseurs. Consulter un praticien de soins de santé avant d'en faire l'usage si vous souffrez de problèmes hormonaux, de diabète, d'une maladie du foie ou des reins, de paralysie cérébrale, de troubles épileptiques, de migraines, de dépressions et/ou d'hypertension ou si vous prenez des médicaments pour la pression artérielle ou des sédatifs et/ou hypnotiques. Consulter un praticien de soins de santé si les symptômes persistent pour plus de 4 semaines. Ne pas conduire un véhicule motorisé ou opérer de la machinerie pendant cinq heures après avoir pris de la mélatonine. Tenir hors de portée des enfants. Tenir à l'abri de la chaleur, de la lumière et de l'humidité.

Ce produit ne contient pas d'ingrédients laitiers, œuf, gluten, crustacés, soya, sulfites, dérivés d'origine animale ou colorants ou arômes artificiels.

Brasser avant d'utiliser. Réfrigérer après ouverture ou utiliser dans les 60 jours.

 SunOpta Inc.
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Acton, ON L7J 2X3

A Proud Canadian Company
Une compagnie canadienne fière de l'être.

DO NOT USE IF SECURITY SEAL IS BROKEN.
NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ EST BRISÉ.
www.naturesharmony.com
1-877-929-2548



Sleep Tight™
Liquid Melatonin
Mélatonine liquide
Sommeil d'or™
3 mg
Helps Increase Total Sleep Time
and Sleep Quality
Aide à augmenter votre temps
de sommeil total et sa qualité

50 mL
NPN 80016996

Saveur baies!  Berry Flavour!

Recommended Use: Helps increase total sleep time aspect of sleep quality in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps to relieve the daytime fatigue associated with jet lag. Helps reduce the time it takes to fall asleep in people with delayed sleep phase syndrome. Helps reset the body's sleep-wake cycle aspect of circadian rhythm.

Recommended Dose (Adults): Take 1 dropper (1 mL) a day at bedtime only. For use beyond four weeks, consult a health care practitioner.

Medicinal Ingredient: Each 1 mL dropper contains:
 Melatonin (Synthetic)..... 3 mg

Non-medicinal ingredients: Filtered water, fructose, natural berry flavour, malic acid, sodium benzoate, potassium sorbate.

Risk Information: Do not use if you are pregnant, breastfeeding or taking immunosuppressive drugs. 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 or sedative/hypnotic medications. If symptoms persist continuously for more than four weeks, consult your health care practitioner. Do not drive or use machinery for five hours after taking melatonin. Keep out of reach of children. Protect from heat, light and moisture. This product does not contain dairy, egg, gluten, shellfish, soy, sulfites, animal derivatives, or artificial colours or flavours. **Shake prior to use. Refrigerate after opening or use within 60 days.**

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