Melatonin B6  
Spray & Lozenge

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| 60 ml Spray | Melatonin . . . . 1 mg  
Vitamin B6 . . . . 1 mg | Filtered water, glycerin,  
alcohol, stevia extract,  
mint flavour, potassium sorbate. | Dosage (adults): Spritz 1 to 10 sprays under the tongue before or at bedtime, or as directed by a health care practitioner. |
| 60 Lozenges | Melatonin . . . . 10 mg  
Vitamin B6 . . . . 10 mg | Calcium phosphate (di-  
basic, anhydrous), citric  
acid, Crospovidone,  
D-Mannitol, flavour,  
magnesium stearate,  
microcrystalline cellulose, stevia leaf extract, xylitol. | Dosage (adults): For sleep restrictions/alterned sleep schedule, delayed sleep phase disorder or sleep-wake cycle: Take 1 lozenge once a day, at or before bedtime. For jet lag: Take 1 lozenge once a day at bedtime after darkness has fallen, while travelling, and at destination until adaptation to the new daily pattern.  
Do not drive or use machinery for 5 hours after taking melatonin. |

Melatonin B6 Spray & Lozenge  
- Fall asleep faster  
- Stay asleep longer  
- Wake refreshed

Promotes Natural Sleep & More!

- Difficulty falling asleep (insomnia)
- Fast-acting natural sleep aid
- Improved quality of sleep
- Waking in the night
- Shift work & jet lag

NPN 80082182 • 60 ml Spray
NPN 80066072 • 60 Lozenges
Melatonin is an essential hormone that naturally regulates sleep and resets the body's sleep-wake cycles. Decreased melatonin production and sleep issues can develop with aging and lifestyle factors (artificial light, exposure to electrosmog from laptops/TV/computers). Taking melatonin helps regulate natural sleep patterns and improve sleep quality. When combined with vitamin B6, melatonin absorption and biosynthesis is enhanced.

Sleep Hygiene

- Follow consistent and good sleep habits and bedtime routine
- Melatonin relies on environmental light cues, with darkness as the trigger to increase production. Therefore, one hour before bed: no electronics should be used (this includes computers, TV, or cell phone), all lights should be dimmed, no exposure to bright light (ex. don’t turn on bathroom light to brush teeth).
- For the best results with melatonin, the bedroom should be pitch-black throughout the night with no ambient light emission (alarm clocks, street lights).

Individualized Melatonin Dosage

- Difficulty falling asleep - Take 1-10 sprays or 1 lozenge (10mg) of melatonin 30 minutes to 1 hour before bedtime.
- Nighttime awakening and early morning insomnia - Keep on bedside table and take 1-10 sprays or 1 lozenge (10mg) upon waking (do not take within 1 hour of getting up in the morning).
- Jet lag – Take 1 hour before desired bedtime after darkness in new destination until adaptation to new daily pattern. Especially effective when traveling eastbound over 2 or more-time zones.
- Shift work – Take 1-10 sprays or 1 lozenge (10mg) of melatonin several hours before planning on sleep (note: avoid driving, direct sunlight or bright light after taking melatonin).
- Age-related sleep aid – Effectiveness of melatonin may increase with advancing age due to calcification of the pineal gland and decreased pineal-derived melatonin availability - take 1-10 sprays or 1 lozenge (10mg) of melatonin 30 min to 1 hour before bedtime
- For patients that ‘do not do well’ on melatonin (restless, sleep worse, too stimulating), take 1 to 10 sprays or 1 lozenge (10mg) of melatonin with 1 tsp (4 g) of glycine. Glycine has shown to improve melatonin tolerance, as it acts as a serotonin re-uptake inhibitor and decreases core body temperature to match physiological temperature during sleep. Also consider underlying symptoms of dysbiosis and liver function.

Note: If tired or groggy upon waking, reduce the dosage as one should wake feeling refreshed. Do not use melatonin during the daytime, as this can cause adverse effects and disrupt nighttime sleep.