

Liquid**Melatonin**

Restores Healthy
Sleep/Wake Cycle



- Helps you get to sleep faster
- Increases total sleep time
- Natural relief from “jet lag”

ISO 17025
Accredited Laboratory



newrootsherbal.com



LiquidMelatonin



Melatonin is a hormone produced and secreted by the pineal gland, a pine cone-shaped gland measuring less than a centimetre in length, located deep within the brain.

The primary function of melatonin is the maintenance of a healthy circadian rhythm, in other words your sleep/wake cycle. Light stops the release of melatonin, which poses a health concern for those who travel frequently and suffer from jet lag, or to shift-workers that lack this precious hormone to get their critical deep sleep to stay healthy. Melatonin production also decreases with age, which can also contribute to chronic adult insomnia.

Melatonin is safe, well-tolerated, and a side effect-free alternative to sleeping pills which won't lead to dependency and addiction. It can shorten the amount of time it takes to fall asleep, as well as improve sleep duration and quality. Lack of sleep affects many aspects of daily life, including mental alertness, energy, and stamina. Lack of sleep makes people more susceptible to accidents and mood swings. Melatonin deficiency can also be linked to coronary heart disease and compromised immune function.

New Roots Herbal's **LiquidMelatonin** is a convenient, fast-acting alternative to tablets and capsules. It has a natural mint flavour, and the dose can be easily calibrated to suit individual therapeutic needs.

Each drop contains:

Melatonin 120 mcg

Other ingredients: Natural peppermint extract, ethanol, glycerin, and purified water.

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Suggested use:

Adults: Take 5–50 drops daily or as directed by your health-care practitioner. Sensitivity to melatonin is different from person to person. Take once a day, at or before bedtime. Do not drive or use machinery for 5 hours after taking melatonin. **For jet lag:** Take once a day at bedtime after darkness has fallen, while travelling, and at destination until adaptation to the new daily pattern on occasional short-term use. **For sleep restriction / altered sleep schedule; for delayed sleep phase disorder; and to restore sleep-wake cycle:** Consult a health-care practitioner for use beyond 4 weeks.

Manufactured under strict GMP (Good Manufacturing Practices).

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