

PRODUITS NATURELS

Nutra-Strip.com  
NATURAL PRODUCTS

# MELATONIN



Melatonin is a substance produced in human in response to dark-light periods of the day and controls the daily night-day cycle of several biological functions.

## Ingredient

Melatonin, 5 mg per strip.

## Non-medicinal ingredients

Algin, Modified Cellulose, Corn Starch, Propylene Glycol Alginate, Medium Chain Triglycerides, Sorbitol, Glycerin, Soy Lecithin, Polysorbate 80, Sodium Citrate, Natural Chocolate and Raspberry Flavor, Sucralose, Natural Colors (Caramel, Beet Red).

## Recommended uses

- Helps to increase the total sleep time in people suffering from sleep restriction or altered sleep schedule.
- Helps to prevent and/or reduce the effects of jet lag for people travelling by plane easterly across two or more time zones.
- Helps to reduce the time it takes to fall asleep in people with delayed sleep phase disorder.
- Helps to re-set the body's sleep-wake cycle.

## Directions

Adults: Place one strip on the tongue 15 to 30 minutes before going to bed.

## Cautions and warnings

- Consumption with alcohol, other products with sedative properties is not recommended.
- Consult a health care practitioner prior to use: anticoagulant, anticonvulsant, blood pressure medications, immunosuppressive medications, sedative, hypnotic or psychotropic medications, steroids.
- Consult a health care practitioner prior to use: asthma, cardiovascular disease, chronic kidney disease, depression, diabetes or hypoglycaemia, hormonal disorder, immune system disease, liver disease, migraines, seizure disorders.
- Do not drive or use machinery for 5 hours after taking melatonin.

**Keep out of reach of children.**

**Protect from heat and humidity.**