

Melo•Matrix - Liquid - Blueberry

5mg of stable and pure liquid melatonin per 1 millilitre for easily adjusted dosing. Natural blueberry flavour for improved compliance.

Vegan

Gluten Free

Dairy Free



- Helps improve sleep parameters in individuals with difficulty falling or staying asleep, suffering from jet lag or working variable day-night shifts
- Additional indications include acid reflux, irritable bowel syndrome, eczema, migraines, tinnitus and endometriosis
- 5mg of pure and stable melatonin per millilitre, allowing for easily adjusted or titrated dosing regimens
- Natural blueberry flavour for increased patient compliance

Melatonin is the body's hormone designed to regulate our circadian rhythm, the cycle that dictates when we should be awake and when we should be asleep. Even though melatonin is naturally produced in the pineal gland and found in certain foods such as cherries and walnuts, it is most commonly known as a natural health product for improved sleep.

There are many circumstances in which melatonin can improve sleep parameters. Clinical trials have found that melatonin supplementation can improve total sleep time and restfulness in individuals with

general sleeplessness. For people that commonly travel across time zones, melatonin can be a great way to speed up jet lag recovery and align the sleep-wake cycle to the new destination. Finally, shift workers can greatly benefit from melatonin supplementation during the harsh transition between day and night shifts.

The most interesting quality of melatonin is that it doesn't just work on our brains or for sleep. Melatonin has some surprising benefits for digestion. For example, research has found that melatonin protects the esophageal lining from acid reflux by increasing local mucous production. This is important because acid reflux into the esophagus can create the burning sensation and cause damage to the tissue. Not only can melatonin reduce heartburn symptoms but clinical trials have also shown that it can improve gastritis and symptoms, of irritable bowel syndrome such as pain, abdominal distension and urgency.

Outside of digestive and sleep applications, various clinical trials have shown that melatonin can reduce symptoms of itchiness and discomfort in eczema sufferers, reduce migraine frequency, improve tinnitus and decrease endometriosis pain.

Clearly, there is more to melatonin than a good night's rest.

Melo·Matrix offers 5mg of pure and stable melatonin in every 1mL of liquid, allowing for the ability to titrate dosage depending on your treatment goals and patient needs. Melo·Matrix is naturally blueberry flavoured for increased patient compliance in all patient populations.

Each mL contains

Melatonin 5mg

Non-Medicinal Ingredients

Blueberry flavour, citric acid, glycerin, potassium sorbate, purified water, sugars (xylitol).

Recommended Use Claim

Helps increase the 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 reduce the time it takes to fall asleep in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of the circadian rhythm).

Directions of Use

Adults (19 years and older) - Take 1-2ml, 1 time per day at or before bedtime. For Jet Lag: Take once a day at bedtime, while traveling and at destination until adapted to the new time zone/or daily pattern. Consult a healthcare professional for use beyond 4 weeks.

Cautions and Warnings

Do not use this product if • you are pregnant • you are breastfeeding. Do not drive or use machinery for 5 hours after taking melatonin. Consult a healthcare professional prior to use if • you have cardiovascular disease • immune disease • liver disease • chronic kidney disease • hormonal disorders • seizure disorders • asthma • depression • diabetes • low blood sugar • migraines. Consult a healthcare professional prior to use if you are taking medications • for seizures • for blood pressure • to suppress the immune system (immunosuppressive medications) • to affect mental state • to increase sedation • steroids • blood thinners. Stop use if allergy occurs. Stop use if you experience • headache • confusion • nausea. Avoid taking with alcohol or products that increase drowsiness. Ne pas prendre avec de l'alcool ou des produits qui augmentent la somnolence. Consult a healthcare professional if sleeplessness persists for more than 4 weeks (chronic insomnia). Keep out of reach of children.

Storage Conditions

Do not use if safety seal is broken.