

## Fast-Acting Liquid Melatonin

### For a Restful Night's Sleep

Item #01734 • Net Wt. 2 Fl. Oz. (59 mL)

The consequences of **sleep deprivation** go far beyond fatigue and diminished performance. Sleep deprivation can impact the immune system, the nervous system, memory and cognitive impairment, mood, and more.<sup>1</sup>

If you're one of the more than **20 million** Americans who suffer from occasional sleep problems,<sup>2</sup> you don't have to settle for frustrating nights of tossing and turning.

A new, fast-acting **LIQUID melatonin** may enable you to *take back control of your sleep!* Melatonin is well known for its ability to regulate your body's internal clock. However, as you grow older, the secretion of melatonin declines significantly as the pineal gland becomes calcified.<sup>3,4</sup>

Fortunately, melatonin has been studied and shown to be effective for managing disturbances in circadian rhythms.<sup>5,6</sup>

A meta-analysis of 17 studies concluded that melatonin supplementation **decreases the time it takes to fall asleep** while **increasing sleep efficiency** and **total sleep duration**.<sup>7</sup> In fact, melatonin has been shown to increase the speed of falling asleep — and the quality of sleep — *in about 60% of people who use it*.<sup>8,9</sup>

### MELATONIN LIQUID DROPS

Not all people benefit from melatonin when it's in the form of a capsule or tablet. However, some report that by applying melatonin *liquid* drops under their tongue at bedtime for immediate absorption, they are able to sleep better.

While any kind of liquid melatonin has been reported to work, Life Extension® has developed melatonin liquid drops that are completely free of **sugars**. And this soothing **Fast-Acting Liquid Melatonin** has a great tasting natural citrus vanilla flavor and is quickly absorbed for a restful night's sleep.

An increase in age doesn't have to mean an increase in sleep problems. Consider making **Liquid Melatonin** a part of *your healthy sleep program*.

#### References

1. Available at: <http://www.webmd.com/sleepdisorders/features/important-sleep-habits>
2. Available at: <http://www.nlm.nih.gov/medlineplus/tutorials/sleepdisorders/nr249104.pdf>
3. *Exp Gerontol.* 2001 Jul;36(7):1083-100.
4. *J Pineal Res.* 1994 May;16(4):178-83.
5. *Neuroimmunomodulation.* 2006;13(3):133-44.
6. *Travel Med Infect Dis.* 2008 Jan;6(1-2):17-28.
7. *Sleep Med Rev.* 2005;9(1):41-50.
8. *Clin Pharmacol Ther.* 1995 May;57(5):552-8.
9. *Actas Esp Psiquiatr.* 2000 Sep-Oct;28(5):325-9.

New look outside.  
Same quality inside.



The transition to this new look will  
happen over time.

### One mL contains:

Melatonin ..... 3 mg  
Other ingredients: glycerin, purified water, natural citrus and vanilla flavors, citric acid.

### Dosage and use

- Take one mL 30 to 60 minutes before bedtime, or as recommended by a healthcare practitioner. 1 mL is equivalent to approximately 20 drops.



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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.