



# Melatonin Support

*for healing the body and mind naturally!*



Melatonin Support is a product that was developed as a complementary therapy program that is accepted by Doctors and Practitioners as an aid to support, restore and maintaining your body's Melatonin function.

Melatonin is a hormone that is naturally derived from the amino acid tryptophan and the neurotransmitter known as serotonin. It is produced naturally in the pineal gland, but smaller quantities are also made by other organs like the stomach.

Melatonin is critical for maintaining body's circadian rhythm, so that you feel alert and energized in the mornings, and sleepy in the evening. That's why you have higher levels of melatonin in the blood at night, and these levels drastically go down in the morning.

Melatonin is an effective natural sleep aid. But its benefits are not just limited to midnight hours. In fact, melatonin has many important health benefits beyond sleep.

It is a potent antioxidant and an anti-inflammatory hormone that can help improve brain health, heart health, fertility, gut health, eye health and much more!

Let's look at the benefits of melatonin and tips to increase melatonin levels naturally.

- Smooth functioning of the immune system
- Aids eye function
- Reduces oxidative stress
- Control's cellular function
- Prevents cellular atrophy
- Boosts brain function, to name just a few

## Benefits of Melatonin:

Offers cardio-protective benefits. Its potent anti-inflammatory and antioxidant abilities can help prevent heart attacks and strokes. Its free radical scavenger activity makes it a great natural alternative to treat and prevent cardiovascular diseases.

## It Lowers Blood Pressure

Melatonin also has anti-hypertensive effect, which keeps blood pressure under control. Since melatonin acts favorably on different levels of hypertension, including organ protection and with minimal side effects, it can be used as a supporting therapy in patients with hypertension.

## It Improves Gut Health

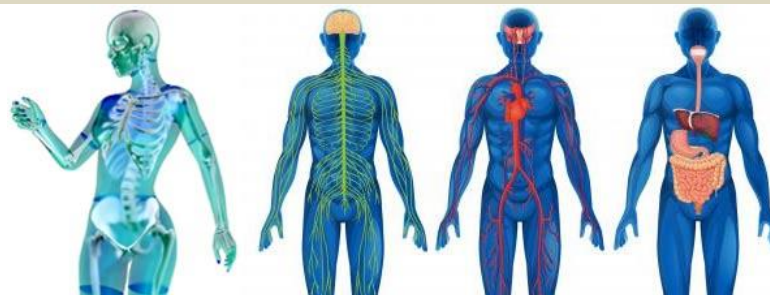
Melatonin is also produced by the stomach because it is crucial for smooth digestion. For those dealing with digestive issues, melatonin can be a natural treatment for gut dysbiosis, ulcers, stress-induced stomach damage and inflammation of the stomach. It can be effective in treating colitis, IBS, irritable bowel syndrome, and even various cancers.

## It's Useful in The Treatment OF GERD

Melatonin is a surprising remedy for acid reflux. It helps in this digestive disorder by strengthening the lower esophageal sphincter (LES). Relaxation of LES is a major reason for acid reflux. Also, studies have found lower levels of melatonin in patients of acid reflux.

## PMS Cycle

Research has shown that low melatonin levels play a role in PMDD, a severe form of PMS. Melatonin can keep your body symptom-free through the luteal phase or the second part of your menstrual cycle. It can also be useful in perimenopause and menopause symptoms in older women.



## Melatonin Support

**Instructions:** The Melatonin Support patch is to be applied to your body, (left shoulder). It was developed to improve communication to the brain. Made to last for 3 days, then discard. Apply another patch and wear it for additional 3 days to increase melatonin activities.

**Repeat this procedure for 30 days to Improve Melatonin Release.**

*If needed, continue with procedure for an additional 30 days.*

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