

Download Melatonin

Melatonin is a substituted tryptamine hormone that regulates sleep-wake cycles. It is primarily released by the pineal gland. As a supplement, it is often used for the short-term treatment of trouble sleeping such as from jet lag or shift work. Melatonin is the natural hormone your body secretes that helps to maintain your wake-sleep cycle (also called “biological clock”). The wake-sleep cycle is the process of sleep and wakefulness; in humans this averages 8 hours of nighttime sleep and 16 hours of daytime activity. The pattern of waking during the day when it is light and sleeping at night when it is dark is a natural part of human life. Only recently have scientists begun to understand the alternating cycle of sleep and waking, and how it is related to daylight and darkness. By mouth using modified-release tablets. For Adult 55 years and over. 2 mg once daily for up to 13 weeks, dose to be taken 1–2 hours before bedtime., Melatonin.

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