



Ordering Information

Fast Service Online:

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Call: (800) 990-7085

Fax: (866) 669-7692

Email: info@energetix.com

Energetix Hours:

8:30 to 5:30 ET

Monday - Friday

10015 Melatonin Spray (2 oz.)

Synergistic Considerations

Core Ashwagandha
Neuro-Chord
Phyto Cal-Mag Plus
Relax-Tone®
Core St. John's Wort
Seratran
Hypothalmapath®

Melatonin Spray

Melatonin Spray contains melatonin combined with the neurotransmitter cofactor Vitamin B6, supporting*

- Healthy sleep patterns
- Healthy mood balance
- Normal memory function

According to the National Sleep Foundation, 45% of American adults over the age of 18 say that poor sleep affects their lives, 30% report having insomnia and 10% chronic insomnia. American adults used to get much more sleep than they do now. Adults in 1910 averaged about 9 hours of sleep a night compared to about 6.8 hours a night in 2013 with 40% of adults sleeping even less than 6 hours per night. Research shows we need 7-8 hours of sleep a night to be well rested. More than one-third of Americans report daytime sleepiness affecting their daily lives. Studies show that poor sleep can lead to mood disorders, chronic health disorders, poor memory, and weight gain.

Melatonin is the primary hormone of the pineal gland and is made from the amino acid tryptophan. The hormone melatonin plays a role in the body's circadian rhythm. Melatonin levels rise in the evening in response to decreased light and prepare the body for sleep by promoting a relaxed state. The body's biological clock controls the circadian rhythm and is regulated by the *suprachiasmatic nuclei* (SCN) which are a group of cells located in the hypothalamus. Input to the pineal gland is transmitted from the photo receptors of the eye and travels through the SCN and sympathetic nervous system which causes an increase or decrease in production of melatonin. The circadian rhythm is the pattern which influences the body's natural sleep-wake cycle. The circadian rhythm can be disturbed by overexposure to light at nighttime, underexposure to light during the day, jet lag, aging, and stress. These disturbances may affect sleep-wake cycles, hormone release, eating habits, digestion, mood, immune system function and have also been linked to various chronic health conditions.

Melatonin Spray is often used to complement clinical strategies designed to support healthy sleep patterns.

*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.



Melatonin Spray

Ingredients and Supplement Facts

Melatonin – Supports healthy sleep

Vitamin B6 (Pyridoxine, as HCl) – Acts as a cofactor in the synthesis of neurotransmitters including melatonin, serotonin, dopamine, norepinephrine, and GABA

If pregnant or breast-feeding, consult a healthcare professional before use.

Supplement Facts		
Serving Size: 5 sprays (0.8 mL)		
Servings Per Container: About 74		
	Amount Per Serving	%DV
Vitamin B6 (as Pyridoxine HCl)	1.5 mg	75%
Melatonin	1.5 mg	*
* Daily Value (DV) not established.		

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