



# Melatonin

*Quest Melatonin is a high-quality supplement to help increase sleep time. Melatonin is a hormone that helps regulate our natural circadian rhythm (sleep-wake cycle). As we age, our natural production of melatonin decreases, leading to sleeping problems. Supplemental melatonin can help improve recovery from shift work or jet lag, and thus diminish fatigue.*



PRODUCT CODE: 338610

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps increase total sleep time aspect of sleep quality in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work or jet lag. Helps relieve the daytime fatigue associated with jet lag. Helps reduce the time it takes to fall asleep in people with delayed sleep phase syndrome. Helps reset the body's sleep-wake cycle aspect of circadian rhythm.	Capsules	Adults take 1 capsule a day at bedtime only. For use beyond four weeks, consult a health care practitioner.

## DESCRIPTION:

Each easy-to-swallow capsule of Quest Melatonin contains 3 mg of melatonin. This product does not contain artificial preservatives, colours, or flavours, or corn, dairy, egg, gluten, shellfish, soy or sulfites.	
<b>Recommended Daily Allowance:</b>	N/A
<b>Food Sources:</b>	N/A
<b>Causes of Deficiency:</b>	Aging, shift, work, jet lag.
<b>Symptoms of Deficiency:</b>	Insomnia.
<b>Complementary Nutrients:</b>	A healthy diet.

## HOW IT WORKS:

Melatonin, also known as N-acetyl-5-methoxytryptamine, is a hormone synthesized in the pineal gland, primarily at night. This hormone is stimulated by darkness and inhibited by light. Melatonin helps to regulate our sleep-wake cycle, helping the body to relax so that we can drift easily into sleep.
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### DID YOU KNOW...

*Melatonin may also have antioxidant properties.*

# Melatonin

## RESEARCH:

In a well-designed study that tested the effects of melatonin against placebo, 34 long-term users of benzodiazepine were encouraged to reduce their benzodiazepine dosage incrementally. The goal was complete discontinuance during weeks 5 and 6. The study proceeded double-blind through the 6 weeks of period 1, and then single-blind through the 6 weeks of period 2, during which all subjects received melatonin and efforts to discontinue benzodiazepine resumed. At the end of the study, 14 of 18 subjects who received melatonin in period 1 had completely discontinued benzodiazepine use; only 4 of 16 in the placebo group achieved this goal. An additional 6 subjects in the placebo group achieved complete discontinuance of benzodiazepine in period 2. Sleep quality scores were significantly higher for the melatonin group than for the placebo group. A 6-month post-study follow up showed that 19 of 24 subjects who discontinued benzodiazepine therapy continued to maintain good sleep quality. These subjects continued to use melatonin after the study ended, and they did not resume use of benzodiazepine.

## SIDE EFFECTS:

May cause headache, transient depression, daytime fatigue, daytime drowsiness, reduced alertness, abdominal cramps, or irritability.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you have cerebral palsy, diabetes, liver disease, seizure disorders, depression, or hypertension, or if you are taking blood pressure medications. Do not use if you are taking immunosuppressive drugs. Do not use if you are pregnant or breastfeeding. Do not drive or use machinery for 5 hours after taking melatonin.

## OTHER CONSIDERATIONS:

Keep out of reach of children. Keep tightly closed in a cool, dry place.

## LABEL:

**QUEST**

**MIEUX-ÊTRE**

**Mélatonine**  
3 mg

NPN 80000737

**90 capsules**

Aide à augmenter la durée totale du sommeil

Sans colorants, arômes ou agents de conservation artificiels

**QUALITÉ ASSURÉE**

**Usage recommandé :** Aide à augmenter la durée totale du sommeil (aspect de la qualité du sommeil), chez les personnes qui souffrent d'un manque de sommeil ou d'une perturbation du sommeil, causés par exemple par les quarts de travail ou le décalage horaire. Aide à atténuer la fatigue de jour attribuable au décalage horaire et aide à réduire le temps qu'il faut pour s'endormir, chez les personnes affectées par le syndrome du retard de phase. Aide également à rétablir le cycle veille-sommeil du rythme circadien.

**Dose recommandée (adultes) :** Prendre 1 capsule par jour à l'heure du coucher seulement. Pour un usage de plus de quatre semaines, consulter un praticien de soins de santé.

**Ingédients médicinaux :**  
Chaque capsule contient : Mélatonine (synthétique)..... 3 mg

**Ingédients non médicinaux :** stéarate de magnésium, cellulose microcristalline, oxyde de silicium, cellulose.

**Information sur les risques :** Ne pas utiliser si vous êtes enceinte ou allaitante. Ne pas utiliser si vous prenez des immunosuppresseurs. Ne pas conduire un véhicule motorisé ou opérer de la machinerie pendant cinq heures après avoir pris de la mélatonine. Consulter un praticien de soins de santé avant d'en faire l'usage si vous souffrez de problèmes hormonaux, de diabète, d'une maladie du foie ou des reins, de paralysie cérébrale, de troubles épileptiques, de migraines, de dépressions et/ou d'hypertension ou si vous prenez des médicaments pour la pression artérielle ou des sédatifs et/ou hypnotiques.

**Ce produit ne contient aucun maïs, ingrédients laitiers, œuf, gluten, crustacés, soja ou sulfites.**

RANGER DANS UN ENDOIT SEC ET FRAIS. TENIR HORS DE LA PORTEE DES ENFANTS.

**QUEST**

**WELLNESS**

**Melatonin**  
3 mg

NPN 80000737

**90 capsules**

Helps increase total sleep time

No artificial colours, flavours or preservatives

**PREMIUM QUALITY ASSURED**

**Recommended Use:** Helps increase total sleep time aspect of sleep quality in people suffering from sleep restriction or altered sleep schedule, e.g., shift-work or jet lag. Helps relieve the daytime fatigue associated with jet lag. Helps reduce the time it takes to fall asleep in people with delayed sleep phase syndrome. Helps reset the body's sleep-wake cycle aspect of circadian rhythms.

**Recommended Dose (Adults):** Take 1 capsule a day at bedtime only. For use beyond four weeks, consult a health care practitioner.

**Medicinal Ingredients:**  
Each capsule contains: Melatonin (synthetic)..... 3 mg

**Non-medical ingredients:** Magnesium stearate, microcrystalline cellulose, silicon dioxide, gelatin.

**Risk Information:** Do not use if pregnant or breastfeeding. Do not use if taking immunosuppressive drugs. Do not drive or use machinery for five hours after taking melatonin. Consult a health care practitioner prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraines, depression and/or hypertension, or if taking blood pressure or sedative/hypnotic medications.

**This product does not contain corn, dairy, egg, gluten, shellfish, soy or sulfites.**

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SÉAL DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.

[www.questvitamins.com](http://www.questvitamins.com)  
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