

# Slow Motion Melatonin

## 1.2 mg in Lipid Matrix

Also available: **Melatonin 20 mg** and **Liposomal Melatonin**

NutriCology® was the first to introduce melatonin into the U.S. market. Melatonin's main function in the body is to support sleep.\* It also has antioxidant properties via hydroxy radical scavenging.\*

**Slow Motion Melatonin** is a specially prepared low dose melatonin which is stabilized in a lipid matrix. The patent-pending lipid matrix tablet system protects the melatonin from harsh gastric juices, and is designed to allow absorption via the lymph.\* Preparations that do not use the lipid matrix system must first go through the portal vein system. The 'slow motion'-like property is a byproduct of the micronized lipid matrix system.\*

The body synchronizes secretion of endogenous melatonin with the duration of the biological night. Usual melatonin preparations are characterized by fast systemic release and metabolism, due to the short half-life of the melatonin molecule. This typically results in a spike into supra-physiologic levels 1 to 2 hours after ingestion, followed by a gradual return to normal levels.

Poorly prepared modified release preparations can keep melatonin in the system for many hours after wakeup, resulting in carry-over "hangover" effects. Such unnatural presence of high melatonin levels during the day can lead to phase-delay in the circadian clock and potentially make sleep problems even worse.



#52231  
60 scored tablets

### Key Features

- Stabilized in a special lipid matrix for protection and optimized absorption\*
- Low dose more closely mimics physiologic secretion
- Reduced likelihood of spikes and morning "hangover" effects\*



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**Slow Motion Melatonin** utilizes an advanced lipid matrix system to protect the melatonin and optimize absorption.\*

### Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 60

Amount Per Serving	% Daily Value
Melatonin 1.2 mg	†

† Daily value not established.

**Suggested Use:** As a dietary supplement, 1 tablet 30 minutes before bedtime, or as directed by a healthcare practitioner.

**Warning:** Melatonin may have a strong sedating effect within 20 minutes of consumption. Not to be used during daytime. Not recommended for women who are pregnant, wishing to become pregnant, or breastfeeding. Do not use while operating a motor vehicle or other machinery.

Other ingredients: Silicified microcrystalline cellulose, Micosolle® Blend (potassium hydroxide, silicon dioxide, magnesium sulfate heptahydrate, polysorbate 80, citric acid), methylcellulose, safflower oil, carnauba wax, vitamin E, magnesium stearate.

Also Available from NutriCology®:

**Melatonin 20 mg** is a unique high potency melatonin formula, offering 20 mg of melatonin per vegetarian capsule.



#51580

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving	% Daily Value
Melatonin 20 mg	†

† Daily Value not established.

Other Ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, rice hull concentrate, gum arabic, sunflower oil.

**Suggested Use:** As a dietary supplement, 1 capsule 30 minutes before bedtime, or as directed by a healthcare practitioner.

**Warning:** Melatonin may have a strong sedating effect within 20 minutes of consumption. Not to be used during daytime. Not recommended for women who are pregnant, wishing to become pregnant, or breastfeeding; for children or adolescents; or for those with a prior history of seizures. Do not use while operating a motor vehicle or other machinery. In rare cases it may stimulate seasonal affective disorder, depression, or have stimulatory effects.

**Liposomal Melatonin** is a fast-acting liquid utilizing essential phospholipids from purified sunflower seed lecithin. The liposomal delivery improves bioavailability and prolongs retention in the body, supporting a normal melatonin cycle through the night.\*



#57530

### Supplement Facts

Serving Size 0.2 mL (1 pump)  
Servings Per Container 150

Amount Per Serving	% Daily Value
Melatonin 1 mg	†

† Daily value not established.

Other ingredients: Water, glycerin, ethanol, tocopherol, medium-chain triglycerides, natural mixed tocopherols, phospholipids (from purified soy lecithin). Contains: Soy.

**Suggested Use:** Take 1 pump by mouth, hold for 30 seconds before swallowing, or as directed by a healthcare practitioner. May be stirred into a small amount of water. Children may use this short-term. Once opened, use within 180 days.

**Warning:** Melatonin may have a strong sedating effect within 20 minutes of consumption. Not to be used during daytime. Not recommended for women who are pregnant, wishing to become pregnant, or breastfeeding. Do not use while operating a motor vehicle or other machinery.



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