HERBATONINPRO 3mg
Melatonin For Jet Lag, Shift Work & Sleep*

DESCRIPTION: HerbatoninPRO 3mg is a rice extract that contains a 100% natural plant source of melatonin. HerbatoninPRO is concentrated through a proprietary manufacturing process which concentrates the active constituents and maximizes bioavailability. HerbatoninPRO is bioidentical to human melatonin and has beneficial slow release characteristics.

FUNCTIONS: In the body, melatonin is a hormone released by the pineal gland. It receives information from the suprachiasmatic nucleus that helps regulate the sleep/wake, lunar and seasonal cycles or the body’s own circadian rhythms. The pineal gland communicates through the optic nerve of the retina, making it the primary receptor of light and dark. When the eye or body registers light (sunlight, artificial light, magnetic fields, electromagnetic radiation) it triggers the pineal gland to inhibit the synthesis of melatonin. Conversely, in darkness, the rise in melatonin production is believed to bring on sleep. Melatonin is considered one of the more potent brain antioxidants due to its structure and ability to cross the blood-brain barrier.

General Restorative
✔ Supports normal sleep patterns*
✔ Supports cellular health by acting as a potent antioxidant*
✔ Activates normal immune system function*

DOSAGE and RECOMMENDATIONS:
Sleep & Shiftwork: 1-2 capsules half an hour before desired sleep.
Jet Lag: 1 capsule at night half an hour before sleep for 2-3 nights leading up to travel. 2 capsules for 3-4 nights upon arrival in new time zone.

PLEASE NOTE: Excess melatonin can result in disrupted sleep – shortening the deep sleep period. Patient could experience sound sleep for first 2-4 hours, wake and then have trouble falling back to sleep. Also, long term high dose use is not recommended as this may reduce the body’s own production of melatonin. For extended use we recommended HerbatoninPRO 0.3mg.

PRODUCT INFO:
Product Size: 90 (300mg) Vegetarian Capsules
Capsule Strength: Each capsule contains 3mg of melatonin
Product Code: HERBPRO-01
Professional Price: $22.50
List Price: $44.99

Supplement Facts
Serving Size: 1 Capsule
Servings Per Container: 90

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Daily Value %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Melatonin 3mg ***</td>
<td>***</td>
</tr>
</tbody>
</table>

From Plant Origin (100:1 extract – Oryza sativa ssp, Medicago sativa & Chlorella pyrenoidosa Leaves & Stems)

*** Daily Value not established.

OTHER INGREDIENTS: Capsule (Hypermellose – plant derived cellulose).

SIDE EFFECTS: For adult use only (over 18 years). Not for use by children, teenagers or pregnant or breastfeeding women. If you are under medical supervision, or have an autoimmune disease, diabetes, a depressive disorder, a thyroid condition, epilepsy, leukemia, or lymphoproliferative disorder, consult with your healthcare professional before taking this product.

INTERACTIONS: Individuals taking MAO inhibitor drugs or corticosteroids should not use this product.
**SPECIFICATION:** HerbatoninPRO 3mg

<table>
<thead>
<tr>
<th>Item Inspected</th>
<th>Specifications</th>
<th>Results</th>
<th>Test Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural Melatonin</td>
<td>10.0 mg/100g</td>
<td>10.2 mg/100g</td>
<td>Immunoassay</td>
</tr>
<tr>
<td>Energy</td>
<td>&gt; 1,100 kJ/100g</td>
<td>1245 kJ (297cal/100g)</td>
<td>AOAC</td>
</tr>
<tr>
<td>Protein</td>
<td>&gt; 21 g/100g</td>
<td>24.5g/100g</td>
<td>AOAC</td>
</tr>
<tr>
<td>Fats</td>
<td>4 g/100g</td>
<td>4.1g/100g</td>
<td>AOAC</td>
</tr>
<tr>
<td>Sodium</td>
<td>350 mg/100g</td>
<td>354mg/100g</td>
<td>AOAC</td>
</tr>
<tr>
<td>Potassium</td>
<td>2.5 g/100g</td>
<td>2.8g/100g</td>
<td>AOAC</td>
</tr>
<tr>
<td>Calcium</td>
<td>600 mg/100g</td>
<td>637mg/100g</td>
<td>AOAC</td>
</tr>
</tbody>
</table>

**Heavy Metals:**

- Arsenic: < 0.50 mg/kg, Conforms Spectroscopy
- Tin: < 20.00 mg/kg, Conforms Spectroscopy
- Zinc: < 50.00 mg/kg, Conforms Spectroscopy
- Cadmium: < 0.10 mg/kg, Conforms Spectroscopy
- Led: < 0.50 mg/kg, Conforms Spectroscopy
- Mercury: < 0.02 mg/kg, Conforms Spectroscopy

**MANUFACTURING:** HerbatoninPRO 3mg is manufactured under strict Good Manufacturing Processes (GMP)

**EXCIPIENT FREE:** This product CONTAINS NO chemicals, solvents, excipients, preservatives, artificial colors or flavors, sucrose, yeast, dairy products, wheat or corn starch or gluten.

**STORAGE:** Store below 77°F. Don’t freeze. Keep out of reach of children.

**PACKAGING:** All products are packaged in oxygen barrier blister packs to maintain optimal quality and recycled boxes using vegetable based inks.

**REFERENCES:**