

DUOLIFE

Melatonin

Food supplement

DUOLIFE Melatonin is a food supplement **from the Pure Formula line** which contains melatonin enclosed in capsules made of organic cellulose derivative (HPMC), with delayed release time.

Melatonin helps reduce the time it takes to fall asleep. A beneficial effect occurs when 1 mg of melatonin is consumed shortly before going to bed. Melatonin helps reduce the subjective feeling of a sudden change of time zone. A beneficial effect occurs when 0.5 mg is consumed shortly before going to bed on the first day of the journey and on the subsequent days after arriving at the destination.



Simple, targeted composition



Product with comprehensible purpose



Convenient form of use



No artificial fillers, preservatives or unnecessary additives

When to use DUOLIFE Melatonin?

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The DUOLIFE Melatonin food supplement is intended for use as support for optimal body functions in the case of:

- ▶ people wishing to maintain the normal circadian rhythm, the sleep and wake cycle;
- ▶ people who need a longer time to fall asleep;
- ▶ people wishing to reduce the awake times at night;
- ▶ people wishing to support the optimal sleep quality and body regeneration during the night;
- ▶ frequent travellers exposed to time zone changes;
- ▶ people working shifts;
- ▶ the elderly wishing to improve sleep quantity;
- ▶ sight-impaired people struggling to maintain the appropriate sleep-wake cycle;
- ▶ those wishing to support antioxidative processes in the body.

How does melatonin found in the DUOLIFE Melatonin food supplement work?

DUOLIFE Melatonin is a food supplement based on high-quality melatonin. Moreover, magnesium included in the product supports the proper functioning of the nervous system.

Melatonin found in **DUOLIFE Melatonin** supports:

- ▶ the reduction of the time needed to fall asleep;
- ▶ the reduction of the subjective feeling of a sudden change of time zone;
- ▶ the maintenance of the normal circadian rhythm, the sleep and wake cycle;
- ▶ the maintenance of the optimal sleep quality and depth;
- ▶ the reduction of the awake time at night;

- ▶ body regeneration at night;
- ▶ the protection of cells against oxygen free radicals.

i **Instructions for use:** 1 – 2 capsules about an hour before bedtime. Do not exceed the recommended daily dose. Food supplements should not be a substitute for a varied diet. A balanced diet and healthy lifestyle are essential for the proper functioning of the body.

i **It is beneficial to combine the DUOLIFE Melatonin food supplement with:**
ProRelaxin®, ProMigren®, ProBactilardii®, ProSelect®, DUOLIFE Day, DUOLIFE Night, FIZZY EASY Mg + K+ B Complex, DUOLIFE Ashwagandha, DUOLIFE Kudzu, DUOLIFE Schisandra Berry.

Precautions

- ▶ Do not use if you are hypersensitive to any of the ingredients of the product.
- ▶ Do not use in children.
- ▶ Do not use in pregnant or breastfeeding women.
- ▶ Use with caution in persons driving vehicles and operating moving mechanical equipment.
- ▶ If you have a chronic condition or are taking medication, consult your doctor before using the product.

i **Ingredients – content per capsule:** magnesium (magnesium salts of citric acid) – 28.5 mg (7.5 % NRV*), apple fibre, melatonin – 1 mg, anti-caking agent: silicon dioxide (from rice). Coating ingredient: hydroxypropyl methylcellulose (HPMC).

* NRV – Nutrient Reference Value for an average adult.

Discover the ingredients of the DUOLIFE Melatonin food supplement

Melatonin

Melatonin is a neurohormone that occurs naturally in the human body, produced in the central nervous system by the pineal gland. Pineal gland is a small endocrine gland. Its shape resembles a pine cone. Melatonin secretion is regulated by circadian rhythms. This hormone is produced by the pineal gland after nightfall. The pineal gland receives information about light conditions through retina which transports the light to the brain in the form of impulses. Melatonin is released directly into the bloodstream, so the body is unable to store it. Melatonin secretion usually starts around 9-10 p.m. The hormone reaches its maximum concentration in the body around 2-4 a.m., during the deep sleep phase. At this phase, the body's regeneration process is the strongest. Melatonin secretion stops at ca. 7-9 a.m.¹ The production of this hormone decreases with age and the ageing process. Insufficient melatonin production in the body may also affect sight-impaired people, those suffering from lowered mood, travelling across various time zones and shift workers²⁻⁴.

The main task of melatonin is to **regulate and control the circadian rhythms of the body**, such as the regulation of sleep and wakefulness, the cycle of changes in body temperature and the production of pituitary hormones. Multiple studies and publications claim that **melatonin consumption contributes to the significant shortening of the time needed to fall asleep, increase the tendency to sleep and prolong the total sleeping time**. Melatonin has been also found to significantly **improve the general quality of sleep and reduce the number of awake times at night**⁴⁻⁹.

By contributing to the regulation of the body's peri-circadian rhythms, melatonin might be helpful for people **travelling through multiple time zones within a short period of time** – between one or a number of continents. Such flights may cause a set of symptoms known as a **"jet lag"**. These comprise reduced alertness, insomnia, low mood and impaired psychomotor coordination. These disorders result from the disruption of the circadian rhythm of sleep and wakefulness. Using melatonin both before and after the flight may contribute to the **reduction in the symptoms of the sudden time zone change syndrome**¹⁰. A beneficial effect occurs when 0.5 mg is consumed shortly before going to bed on the first day of the journey and on the subsequent days after arriving at the destination¹¹.

Melatonin also supports **antioxidative processes in the body**. It helps neutralise oxygen free radicals and pro-

protect tissue against the destructive effect of oxidative stress^{12,13}.

DUOLIFE Melatonin food supplement also contains magnesium and apple fibre, which synergistically support the action of the main component – melatonin.

Magnesium

Magnesium promotes optimal nervous system function, helps improve nerve cell function and contributes to proper communication between neurons. Magnesium deficiency in the body can manifest itself, among other things, in increased neuromuscular excitability (muscle cramps, especially at night, or twitching of the eyelids and lips), weakness, easy fatigue, heart abnormalities, excessive nervousness, low mood, but also increased hair loss, brittle nails and night sweats associated with compromised immunity¹⁴. Magnesium contributes to the normal function of the cardiovascular system, supports normal heart health, promotes vascular functioning and helps maintain optimal blood pressure. Magnesium provides support in the functioning of the nervous system: it has a calming and relaxing effect, makes it easier to fall asleep, reduces the hyperactivity of nerve cells, contributes to improving memory and concentration¹⁵⁻¹⁸. Magnesium also supports the regulation of the body's peri-circadian rhythm and contributes to the secretion of hormones responsible for sleep - including melatonin^{19,20}.

Apple fibre

Apple fibre found in the DUOLIFE Melatonin food supplement is a natural bulking agent with valuable properties. This substance is not digested or absorbed by the body, yet it supports the process of digestion and the functioning of the intestines. Fibre contributes to the maintenance of the optimal intestinal microflora, thus supporting the optimal functioning of the nervous system.

What makes the DUOLIFE Melatonin food supplement so special?

- ▶ **Simple, targeted composition** – based on the main active ingredient **with known properties and concentrated dose**.
- ▶ **Product with comprehensible purpose** – featuring health statements on the label, which makes it easier to recommend the product.
- ▶ **No artificial fillers, preservatives or unnecessary additives.**
- ▶ **Convenient form of use – capsules made of organic cellulose derivative (HPMC; hypromellose; hydroxypropyl methylcellulose)** with delayed release time, supporting the protection of active ingredients against the acidic pH of the gastric juice.
- ▶ **Uniformity of the PURE FORMULA line – easy recommendation** – 1 packaging contains 60 capsules for 1 month of use (2 capsules a day).
- ▶ The supplement can be easily adjusted to the individual needs of the body.
- ▶ The product is **LACTOSE-FREE** and **GMO-free**.
- ▶ The product is **GLUTEN-FREE** – suitable for people with gluten intolerance.
- ▶ The product is **suitable for vegans and vegetarians**.
- ▶ Multilingual label.

i Reference list for the DUOLIFE Melatonin formulation can be found in the separate sheet of the binder.

References

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