

Melatonin Serene Night™

For Relaxation and Sleep



All too often, occasional stress and sleeplessness go hand in hand. Stress can impact one's ability to fall asleep and can disturb the natural sleep-wake cycle. Source Naturals® Melatonin Serene Night™ addresses these two aspects of occasional sleeplessness. Melatonin Serene Night can help promote sleep when we're stressed and are having difficulty easing into restful sleep. It is formulated to help us wind down from a stressful day while putting our sleep systems to work quickly.*

Melatonin Serene Night supports a good night's sleep with a powerful combination of research-backed amounts of melatonin, the body's natural sleep-wake cycle regulator, and L-theanine, an amino acid that naturally soothes away tension.*



Strategies for Wellness™

*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.

What is Melatonin?

Many bodily processes show daily cycles of activity, including biochemical, physiological, and behavioral processes such as sleeping. Melatonin regulates our circadian rhythm, popularly referred to as our body clock, an inner clock for 24-hour cycles. It is a natural neurohormone manufactured by our bodies.*

Melatonin comes from the essential amino acid, L-tryptophan, which is obtained in the diet. Tryptophan is a constituent of many protein-rich foods (poultry, milk, meat, eggs, soybeans), and is used in the body for a wide range of needs. In humans, some of the tryptophan we absorb converts into an important neurotransmitter, serotonin, and some of that, in turn, is converted to melatonin in the pineal gland of the hypothalamus.*

Clinical studies show that supplementing with melatonin helps people fall asleep more quickly, helps travelers adjust to different time zones, and helps people who work night shifts re-regulate their sleep.*

What is Theanine?

L-Theanine, an amino acid found almost exclusively in black and green tea, may help focus your mind. Preliminary evidence suggests that L-theanine may help address some psychological and physical aspects

of normal, everyday stress, including occasional anxiety and tension. It is thought to support relaxation by gently modulating alpha waves in the brain and may modulate the neurotransmitters dopamine and serotonin. Relaxation may help the body transition to sleep more easily.*

So, Relax

Whether occasional stress is keeping you from falling asleep easily, or is causing your sleep-wake cycle to be disturbed, Melatonin Serene Night can help you relax and fall gently into deep, rejuvenating sleep.*

Informative Articles

Buscemi, N., Vandermeer, B., Hooton, N., Pandya, R., Tjosvold, L., Hartling, L., Baker, G., Klassen, T.P. & Vohra, S. (2005).. *J General Int Med*, 20(12), 1151-1158. doi:10.1111/j.1525-1497.2005.0243.x

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