

## Nanized Melatonin

*The Phenomenal Antioxidant For Anti-Aging, Sleep and Rejuvenation*



**A Good Night's Sleep**

### Melatonin's Awesome Benefits

- Helps prevent the effects of aging (from chronic fatigue to memory loss)
- Helps strengthen the immune system
- Helps eliminate jet lag
- Helps enhance sexual potency and libido
- Helps regulate sleep cycles, including difficulty getting to sleep, insomnia, frequent waking up, lack of deep restful sleep, waking up tired
- Helps reduce the risk of high blood pressure, heart disease and cancer

### Master BioRegulator

Melatonin is being hailed as the miracle hormone. Over 4,000 research papers (with hundreds of new ones each month) have been published showing the remarkable benefits of melatonin — often noticeable to the user within days of using it.

Melatonin appears to be a basic, global master bioregulator, intercoordinating all the body's many complex systems. Studies show melatonin to be a master antioxidant, a powerful immunoprotector, sleep regulator, cancer inhibitor, jet lag preventor, and sexual rejuvenator — available all in one little pill, with no side effects (if a reliable, nontoxic source is used)!

### What is Melatonin?

Melatonin is a hormone produced by the pineal gland, a master gland located in the center of your brain. It is secreted mostly at night during darkened hours, peaking around 2 to 3 a.m. Melatonin is present in virtually every cell of the body, promoting immune system integrity and normal circadian rhythms. Melatonin peaks in one's earlier years, declines drastically by middle age (age 35 to 45) and is negligible in older people (over age 60).

### The Pacemaker of Aging

Disease and melatonin have a direct relationship: the lower the melatonin levels, the more the possibility of disease.

Some researchers believe that the progressive depletion of melatonin is the primary cause of aging and chronic diseases such as stroke, heart disease, cancer and Alzheimer's Disease. In fact, these researchers find that aging is a pathological process originating from the gradual failure of the pineal gland to produce melatonin. They

believe the pineal gland is the primary clock and pacemaker of aging, synchronized with the light-dark cycle.

The pineal produces many neurohormones in tiny concentrations, primarily serotonin and melatonin. Melatonin is typically deficient in those suffering from chronic diseases or those exposed to harmful EMFs (electromagnetic fields) on a regular basis,

such as those emitted from TVs, computers, cars, pagers, phones, etc.

### Get the *Best* Melatonin

- Pure, "nanized" melatonin: *the world's first, 100% natural-source, solvent-free melatonin (no toxic animal glandulars) produced by beneficial probiotic organisms*
- Exceptional bioavailability
- Not impure or solvent-extracted melatonin  
*No tablets with hidden binders and glues (such as toxic magnesium stearate)*

### Melatonin: The World's Most Powerful Antioxidant

This extraordinary hormone is nature's most potent antioxidant, offering unsurpassed protection against hydroxyl free radicals (which can cause cellular damage). This is persuasive evidence that melatonin may protect us against a wide variety of diseases. Research has shown melatonin to be 5.9 times more effective than glutathione and 11.3 times more effective than mannitol in fighting free

radicals.

Another study showed melatonin to be twice as good a scavenger of the peroxy radical than vitamin E. In another study, saffrole, a carcinogen which causes nucleic damage in DNA, was given either alone or with melatonin to two groups of animals. The melatonin-treated group experienced 99% less DNA damage than the non-melatonin-treated group!

### Cancer and Melatonin

Studies show that melatonin is oncostatic, preventing the proliferation of cancer cells. In American university studies, melatonin inhibited the growth of breast cancer cells by 75%. An Italian study showed that melatonin significantly improved survival time of patients with brain metastases when compared with those treated conventionally (steroids, anticonvulsants).

Data has shown that melatonin inhibits the growth of prostate cancer cells by up to 50%. Another study showed that melatonin increased the ability of monocytes to destroy skin cancer cells by 73%. Melatonin can increase the body's production of colony stimulating factor, promote the growth of bone marrow cells, help activate T-helper cells and improve many other immune protective factors. In one study, melatonin increased NK (Natural Killer) cells by 240%! Many researchers correlate the number and activity of NK cells with a person's ability to survive and overcome cancer.

Other studies show that melatonin can inhibit harmful substances. A 1995 experiment showed that melatonin caused a fivefold reduction in the production of leukotrienes, powerful substances which increase inflammation and pain. Melatonin can also inhibit nuclear factor kappa-B (NF-kB) by 43%, which is an essential link in the cloning of the HIV virus. This suggests that melatonin can slow the replication of the AIDS virus.

### A Wealth Of Help: Melatonin's Promise

Because increased incidence of disease is associated with declining levels of melatonin, melatonin has been shown to help many chronic diseases: PMS, menopause, jet lag, sleep disorders, abnormal temperature cycles, depression, mania, multiple sclerosis, cardiovascular disease, stress, cancer, sexual imbalances, osteoporosis and immune disorders.

### Is All Melatonin the Same?

Did you ever read about a wonderful nutrient, then get some from a health food store, but after taking it for a few weeks, you couldn't notice any difference? This little drama will be repeated over and over again in the coming years, since research has shown that 80% of health food store supplements do NOT meet label claims. This means that what the label says is not what is in the product (*either shorted or missing*).

Melatonin products are no different.

### U.S.-Made Melatonin Is "Junk" Says Chemist

The researchers who demonstrated the many incredible benefits of melatonin were supplied with high-grade, nontoxic melatonin (with no harmful solvents) made from a state-of-the-art laboratory in Europe. Unfortunately, U.S.-made melatonin is "junk" according to the head European chemist of the laboratory. After testing many companies, he stated that U.S.-made melatonin shows characteristic peaks on HPLC graphs which reflect the impurities from toxic solvents and chemicals which were used in making the melatonin (solvents are cheap and easy to use).

### Solvent-Tainted, "Junk" Melatonin

For those using impure, solvent-tainted melatonin, not only is it doubtful that they will receive the benefits of melatonin, but it may be harmful. If a melatonin product contains solvents, then it can elicit negative reactions, such as nausea, anxiety, feeling shaky, insomnia, liver toxicity, kidney damage, etc. We know many people who used U.S.-made melatonin, but stopped after experiencing peculiar side effects.

We know of only one European source that manufactures pure, solvent-free melatonin. It's much more expensive, but it really works. Other European sources we researched were also contaminated with solvent residues.

### The New "Nanized" Melatonin

The very best source of melatonin is made using special probiotic fermentation to yield **the world's first "natural-source" melatonin**. It is called "nanized" melatonin. "Nano" means very, very small. "Nanized" melatonin is made via a proprietary process whereby the ingredients are "nanized" or pre-digested by natural probiotic bacteria into very, very small particles which makes it extremely bioavailable.

Use only natural-source, solvent-free melatonin — the one that was used in the research studies which delivered superior results. Don't take chances with your health; avoid solvent-based melatonin. These residues are cumulative in the body and associated with increased risk of cancer and other degenerative diseases.

#### Recommended Use of Nanized Melatonin

Adults or children (age 10 and up): Take 2 drops (1 drop = 2 mg.) under tongue right before bed. For special programs, up to 5 drops (10mg.) can be taken each night. (Do not take melatonin during the daytime since it can make you feel drowsy.) You may want to gradually increase the amount to 10 mg. per night.

Bock, S., *Stay Young the Melatonin Way*, Penguin Group: NY, NY, 1995.  
Reiter, R. & Robinson, J., *Melatonin*, Bantam Books: NY, 1995.

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