

Melatonin 1mg vitamins and Herbs.

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Itemnumber: **SB0692**

Manufacturer: [SCHIFF/BIO FOODS](#)

Description: **Melatonin 1mg**

UPC: **02052512809**

Size: **60 tabs**

Suggested Retail: **\$5.58**

Discount: **35% OFF MSRP**

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Description of Melatonin

Melatonin by Schiff/Bio Foods.

Melatonin is a metabolic hormone made in the pineal gland, retina, and intestines. Melatonin is released into the blood stream by the pineal gland (which resides in the brain) to set your bodies biological clock and initiate sleep. Darkness stimulates the pineal gland and causes it to produce more melatonin. Day light stops your body's production of melatonin. Melatonin helps to promote healthy sleep patterns. Melatonin also protects cells from free radical damage, and directs the release of growth and sex hormones. Vitamin B6 plays an important role in brain chemistry and nervous system function.

Ingredients of Melatonin

Melatonin

Suggested Use for

Melatonin

As a dietary supplement, take one (1) tablet at bedtime or as recommended by a health care practitioner.

Additional Information for Melatonin

Primary Use: Sleep aid.

Secondary Uses: Jet lag. Antioxidant

DataSheet:

The Melatonin 1mg Sale Price: \$3.63 - Vitamins or Herbs Should be taken as directed on the bottle.

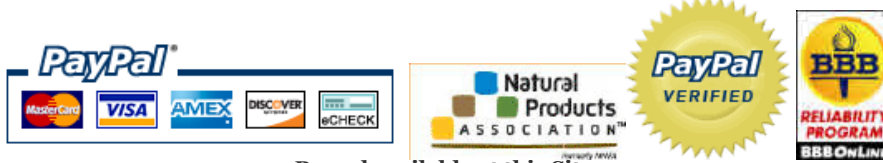
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