Superior

Anti-Aging & Much More*

Melatonin Nano-Plex[™]

The World's First, Natural-Source, Fully Potent Melatonin*





What is Melatonin?

Melatonin is a natural hormone produced by the pineal gland located in the center of the brain. Its secretion is inhibited by light and stimulated by darkness. Therefore, melatonin production peaks at night. Research shows that the body's natural production of melatonin decreases with age. Melatonin has received substantial publicity for its ability to promote natural sleep patterns, stimulate the immune system, decrease jet lag and its role as a powerful antioxidant.

What is a "nanized" tincture?

The word "nano" means very, very small. A "nanized" tincture contains premier quality herbs which have been "nanized" or pre-digested into very, very small particles which makes them extremely bioavailable.

Even those with poor digestion can rapidly absorb the "nanized" phytonutrients of the herbal complexes because they are so readily assimilable.

rhythms for healthy hormonal cycling*
Promotes sound, restful sleep*

Superior anti-aging and longevity support*

(especially T cells)*

age by free radicals

• Supports a rigorous cardiovascular system*

 Promotes healthy blood pressure in the normal range and blood lipid balance*

Melatonin Nano-Plex™ Key Benefits

Notable strengthening effect on the immune system

Strong antioxidant action that protects cells from dam-

Key molecule that helps control the body's circadian

- Famous for minimizing jet lag and travel fatigue*
- Promotes keen memory, alertness and healthy brain function*
- Encourages healthy libido and sexual function*

Better Sleep. The use of melatonin to promote restful sleep is well documented. Studies of low dose, oral melatonin in healthy adult volunteers showed that time to sleep onset, stage-2 sleep, and REM sleep was decreased without affecting the percentage of time in REM sleep or alertness after waking. In addition, evidence also indicates improved sleep benefits for children as well.

Jet Lag and Travel Fatigue. Research shows the benefit of melatonin in minimizing the desynchronization of the body's internal "time clock" due to air travel over time zones (jet lag). Typical symptoms of jet lag can include loss of appetite, irritability, gastrointestinal concerns, disorientation, difficulties concentrating, feeling mentally "off" and sleep disorders. Even world-class athletes, who sometimes travel over time zones to compete in athletic events such as the Olympics, have been studied to determine if melatonin can benefit them. Many top athletes take melatonin regularly to reduce the tiring symptoms associated with jet lag and travel.

Nano-Plex tinctures really demonstrate the power of the old saying: it's not what you take, but what you absorb that makes the difference.

Many people say they can feel the effect of taking a Nano-Plex tincture within minutes. This immediate effect is very important in anti-aging, where absorption of key nutrients is critical for direct strengthening of the immune system.