

# Melatonin



Until recent history, humans were exposed to significantly higher amounts of darkness on average. In this modern world, artificial lighting has reduced darkness exposure to eight hours or less per day all year round. Even low light levels inhibit the production of the naturally occurring hormone melatonin, but over-illumination can create a much more significant reduction in melatonin production. Helping the body regenerate proper levels of melatonin may be helpful in sleep and immune support.\*

## Benefits to the Human Body

### *Supports Healthy Sleep Cycles\**

Low levels of sleep as well as unbalanced sleep cycles affect multiple aspects of human life including mood, decision-making skills, anger control, immunity and alertness. In this fast paced world, the ability to stay healthy and focused are extremely important for overall success and happiness.

For those who travel on a frequent basis, these problems become even harder to address. Jet lag can wreak havoc on one's immune system and stress level, leaving the traveler

weak and tired. Melatonin supplementation is a natural way to help your body adjust to new sleep/wake cycles and in turn reduce the negative side effects associated with jet lag.\*

### *Immune Support*

Strong antioxidants such as Melatonin are proving to be extremely beneficial in helping to support and maintain proper immune system function.\*

## The Roex® Difference

It is pharmaceutical grade and imported directly from Europe. Each dose contains three milligrams of the top quality melatonin. Roex® *Melatonin* is enhanced with 10mg of vitamin B-6 to help facilitate the body's natural production of melatonin. Vitamin B-6 allows the body to convert the amino acid tryptophane into the hormone serotonin, and both serotonin and melatonin are related to the body's ability to get a good night's sleep and support immune function.\*

Taking Roex® *Melatonin* in combination with other Roex® products such as *PC-95*®, and *Oleuropein* will help to optimize the benefits that each of these products offers. As with all Roex® products, *Melatonin* contains only the purest, most effective and freshest ingredients.

Melatonin		
Supplement Facts		
Serving Size: 1 Tablet		
Servings Per Container: 60		
	Amount per Serving	% D.V.
Vitamin B-6 (as Pyridoxine HCl)	10 mg	500%
Melatonin	3 mg	*
* Daily Value not established		

**Directions:** As a dietary supplement, take one (1) tablet with water 30 minutes prior to bedtime.

**Other ingredients:** Dicalcium phosphate, cellulose, stearic acid, silicon dioxide, croscarmellose sodium and magnesium stearate

**Warning:** If you are under medical supervision or using medications, seek the advice of your physician or health care professional prior to use of this product. Do not take if you are operating machinery or a vehicle.

\*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.

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