

Holoextract Melatonin Sleep 50 ml

EAN: 8437019410988

FABRICANTE: EQUISALUD



Food supplement produced by Equisalud Laboratories that helps regulate circadian rhythms and induce sleep.

DESCRIPTION

This product comes in a single format, a glass bottle containing **31 milliliters**, with a screw cap and dropper for easy dosing.

Holoextract Melatonin Sleep helps improve night's rest.

This product contains melatonin, which helps to alleviate the subjective feeling of *jet lag*. This beneficial effect is obtained with a minimum intake of 0.5 mg, which should be taken shortly before going to bed on the first day of travel and a few days after arrival at the destination.

Instructions for use and recommended amount

Take four drops, using the dropper, at night, half an hour before going to bed, directly or dissolved in a little water or other liquid. Keep in your mouth for one minute and swallow. **Do not take more than four drops a day**.

Holoextract Melatonin helps sleep by acting as a regulator of circadian rhythms and inducer of sleep and these are its benefits:

Benefits and properties of melatonin for sleep

- It contributes as a regulator of circadian rhythms and inducer of sleep, without presenting side effects and without creating tolerance.
- It helps to improve adaptation to time changes, such as *jet lag*.
- It is a support, with proven antioxidant effects, improving carbohydrate management and enhancing the formation of antibodies.
- It contributes by providing an anti-aging, anti-obesity effect and facilitates the absorption of vitamins, minerals and nutrients in general.



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Explanation:

Melatonin or N-acetyl-5-methoxytryptamine is a hormone secreted by the pineal cells of the pineal gland, located in the brain. It is present in many vegetables such as pepper, apples, oranges, strawberries, apples, rice, grapes, tomatoes, cherries, nuts, olive oil, red wine or purslane. Its high content is notable in pistachios or in medicinal plants such as St. John's Wort, liquorice, *Scutellaria baicalensis* or *Tanacetum parthenium*.

It is secreted by the pineal gland in vertebrates, invertebrates, plants, bacteria and protozoa. Its existence has been known since 1958.

It is capable of transmitting information to the body about the length of day and night. It is stimulated by the retina, where it exists in significant quantities. It is also present in the gastrointestinal tract, where it serves to protect the mucosa, inhibiting the secretion of hydrochloric acid and stimulating the immune system, as well as microcirculation.

Melatonin is stimulated at night, reaching its maximum level at around 2 a.m. and decreasing at dawn. Its synthesis is influenced by age, diet and exercise. Melatonin comes from tryptophan, passing through enzymes to serotonin and then to melatonin. The amphipathic nature of its molecule makes it easily cross cell membranes.

Inhibition involves GABA, acetylcholine and other neurotransmitters.

Melatonin is degraded in the liver, where it is hydroxylated and transformed into hydroxyl-6-hydroxymelatonin, an inactive form. It is excreted in urine and feces.

A continuous and excessive intake of melatonin can lead to a decrease in the level of LH, FSH, testosterone and heart rate. Melatonin leads to physiological changes that lead to sleep, such as a decrease in prolactin. Melatonin leads to physiological changes that lead to sleep, such as a decrease in heart rate, digestive function, temperature and blood pressure.

It also reduces the time it takes to fall asleep and improves sleep quality. It produces a natural sleep, without fatigue or memory loss. It does not produce tolerance and helps reduce the use of benzodiazepines.

With age, melatonin levels decrease. In one study, melatonin levels were found to be 40% lower at age 55 than at age 35.

Other actions:

- Melatonin is a hormone that is capable of stimulating other hormones.
- Reduces clot formation.
- It enhances the formation of antibodies.
- Facilitates the absorption of vitamins, minerals and other nutrients.
- Regenerates sexual activity.



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- It has an anti-aging and antioxidant action.
- It is antidiabetic, related to its antioxidant power.
- Anti-obesity. It is a metabolic synchronizer, inducing a greater metabolization of fatty acids and glucose, to generate heat and, therefore, energy expenditure.
- Preventive against cell apoptosis.
- Promotes the action of the growth hormone.
- It is neuroprotective.
- Menstrual cycle regulator.
- Helps with anxiety and depression.
- Cardiac protector and regulator of blood pressure and cholesterol.
- Support in cases of Alzheimer's and Parkinson's.

Presentation: In drops

Quantity: 50 ml.

Ingredients, unit of measurement being 50 milliliters: Melatonin*, 450 mg; passionflower* (Passiflora incarnata L.), 1,125 mg; California poppy* (Eschscholzia californica Cham.), 1,125 mg.

*Passionflower and California poppy come from the EU, melatonin from outside the EU.

Diluents: Absolute alcohol, glycerin and purified water.

*Contains approximately 30% alcohol.

Warnings:

- Food supplement based on melatonin, passionflower and California poppy.
- Food supplements should not be used as a substitute for a varied and balanced diet and a healthy



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lifestyle.

- Do not exceed the expressly recommended daily dose.
- Keep out of reach of young children.

Storage: Keep the container tightly closed, in a cool, dry place.

