

### Nutri Sleep

**Active Ingredients:** Melatonin 3mg

Orally, melatonin is used for jet lag, insomnia, shift-work disorder, circadian rhythm disorders in the blind, and benzodiazepine and nicotine withdrawal. Melatonin is also used orally for Alzheimer's disease, tinnitus, depression, delayed sleep phase syndrome (DSPS), chronic fatigue syndrome (CFS), fibromyalgia, migraine and cluster headaches, idiopathic stabbing headache, and insomnia associated with attention deficit-hyperactivity disorder (ADHD), and irritable bowel syndrome (IBS).

**Recommended usage:** Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps relieve the daytime fatigue associated with jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase syndrome. Helps re-set the body's sleep-wake cycle (aspect of the circadian rhythm)

**Duration of use:** For use beyond 4 weeks, consult a health care practitioner

**Risk information and safety:** Consult a health care practitioner prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraine, depression and/or hypertension or if you are taking blood pressure or sedative/hypnotic medications. If symptoms persist continuously for more than 4 weeks (chronic insomnia), consult your health care practitioner.

Contraindications: Do not drive or use machinery for 5 hours after taking melatonin. Do not use if you are pregnant or breastfeeding. Do not use if you are taking immunosuppressive drugs.

**Adverse reactions:** Orally, melatonin is well-tolerated. The most common side effects include daytime drowsiness, headache, and dizziness. But these don't seem to occur any more frequently than with placebo. Other side effects that have been reported include transient depressive symptoms, mild tremor, mild anxiety, abdominal cramps, irritability, reduced alertness, confusion, nausea, vomiting, and hypotension.

References:

1. Natural Medicine Comprehensive Database, 2010. Monograph: Melatonin
2. Natural Health Products Directorate, Evening primrose oil monograph.  
<http://webprod.hc-sc.gc.ca/nhp/nd/bdipsn/monoReq.do?id=136&lang=eng>