

# Melatonin to Support the Immune System & Stress Hormone Response

I take great pride in my formulations. This product is formulated for the most sensitive individual. All ingredients are of the highest quality and purity available. This product was produced under a strict quality management system in compliance with certified Good Manufacturing Practices (cGMP-s), including third-party quality certifications.

Nourishing Families,

**Dr. Ashley Mayer**



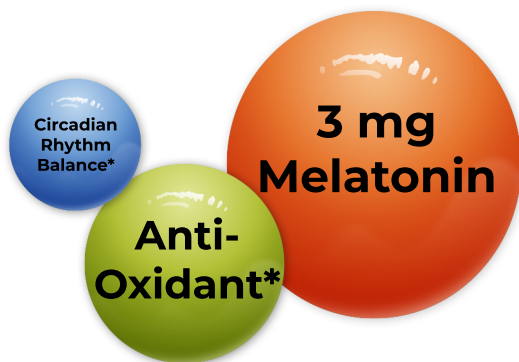
## The Perfect Compliment to Normalizing Circadian Rhythm

**LIQUID MELATONIN** is a potent, tonic formula useful for those who have

- |                                    |                     |
|------------------------------------|---------------------|
| <i>Difficulty falling asleep *</i> | <i>Shift work *</i> |
| <i>Ataying asleep *</i>            | <i>Insomnia. *</i>  |
| <i>Jet Lag *</i>                   |                     |

### BENEFITS OF MELATONIN

- Used to regulate the sleep/wake cycle \*
- Derivative of the amino acids L-Tryptophan, 5-HTP, and Serotonin to maintain the body's circadian rhythm \*
- Antioxidant properties and direct free radical scavenging effects \*
- Increases antioxidant enzymes – glutathione peroxidase & superoxide dismutase \*
- Neuro-protective effects on the Central Nervous System & studies for treatment and prevention of Neurodegenerative disorders\*



- ✓ Non-GMO
- ✓ Gluten Free
- ✓ Vegan
- ✓ Soy Free

### Supplement Facts

Serving Size 30 Drops (1 ml)  
 Servings per Container About 59

Amount Per Serving	
Melatonin	3 mg*

\* Daily Value (DV) Not Established

**Other Ingredients:** Vegetable Glycerin, Deionized Water, Raspberry and Vanilla Natural Flavors

**Dr. Ashley Mayer**

\*These statements have not been evaluated by the FDA

## Suggested Used:

**Take 30 drops** 1/2 hour before bedtime.  
**Repeat serving as needed** in the night.  
**Shake well.** Any sediment that collects at the bottom is completely natural, as this is a natural product.