



PHYTO MELATONIN

Promotes Restful Sleep

Phyto Farmacy™

<http://phyto-farmacy.com>

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Introducing: Plant-Based Melatonin

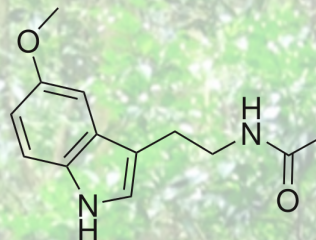


Vegan

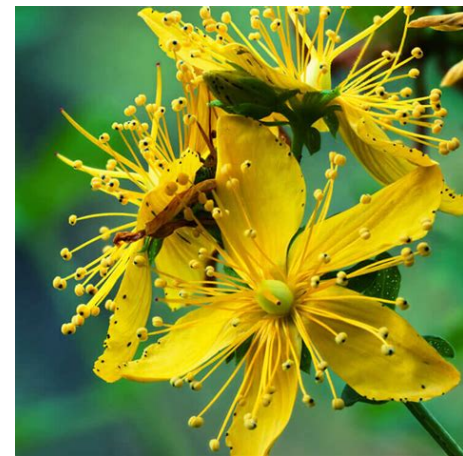
Melatonin is the hormone that helps us fall asleep. It is released from the pineal gland after our eyes detect sustained darkness. This means our natural sleep cycle can easily get disturbed by electric lights, digital screens, shift work and travel. Phyto Melatonin is a unique, high-potency form of **non-animal derived melatonin**. It's one of the first melatonin products on the market made from natural herbs rather than synthetic chemicals or animal organs. When taken before bed, Phyto Melatonin promotes the natural sense of relaxation which comes before deep, restful sleep.

Effective, Safe and 100% "Nature Made"

Most commercial melatonin is synthetically made from a chemical called phthalimide. Up to 14 contaminants can potentially occur during the process. The other "natural" melatonin products are usually made from cow or pig brains, which can potentially contain viruses. Phyto Melatonin is made by plants, using nothing but sunlight, fresh air & nutrients in the soil. We delicately extract it from dried St. John's wort (*hypericum perforatum*) and feverfew (*tanacetum parthenium*), two edible herbs that are rich in plant-based melatonin.¹



(phyto)melatonin



St. John's Wort

Supports Deep Sleep & Physical Relaxation

Phyto Melatonin helps to naturally "unwind" from everyday stresses before bed. It shifts the body's balance towards the parasympathetic (relaxing) side of the nervous system while supporting already healthy, normal blood pressure levels.²

Studies suggest that natural phytomelatonin may improve overall sleep quality.³ Some people take it after staying out later than usual or when they're feeling stressed. They report waking up feeling rested and refreshed – not groggy or hungover – after taking Phyto Melatonin the night before.



Feverfew

Available in bottles of 30 tablets.
\$95 MSRP.

Protects Cells & Boosts Antioxidant Capacity

Melatonin targets inflammation pathways and supports healthy immune function.⁴ Higher levels of phytomelatonin in the blood increase its total antioxidant capacity, which reduces damaging free radicals and supports a healthy physical response to stress. The natural phytomelatonin in beer may cause some of its sedating effects and can also help protect cells from oxidative stress.⁵

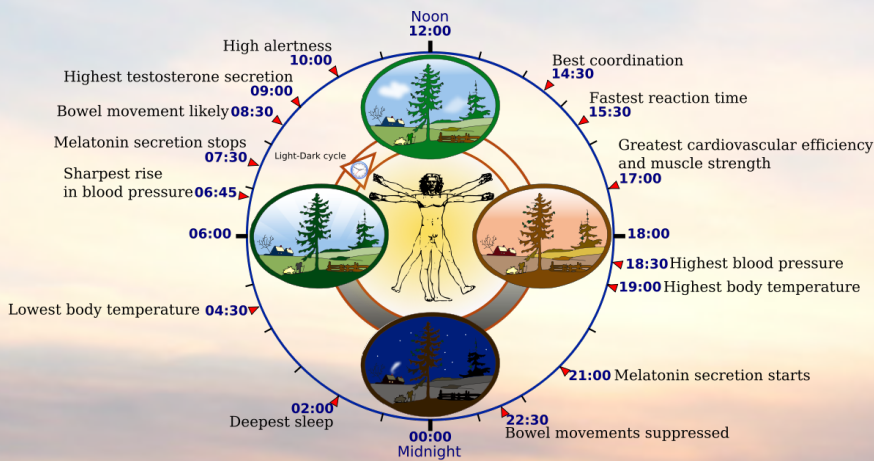
Absorbable, Soothing & Potent

Phytomelatonin from plants is absorbed in the gastrointestinal tract and it quickly affects blood melatonin levels. A 2013 study found that eating fruits containing low concentrations of phytomelatonin was followed by an up to 5-fold increase in melatonin blood levels.⁶

Melatonin supports a healthy stomach lining, reduces stomach acid secretion, promotes cell regeneration and healthy circulation.⁷

Helps Your Biological Clock Adapt to Change

Phyto Melatonin helps the body's master circadian clock adapt to different time zones, jet lag or shifting work schedules. No matter where you go or what time you get to bed, you require restful sleep in order to perform the next day. Try some and discover the magic of



Ingredients

Each tablet contains 5mg of natural phytomelatonin, consisting of:

- 3mg melatonin from feverfew (*tanacetum parthenium*) extract
- 2mg melatonin from St. John's Wort (*hypericum perforatum*) extract

Other Ingredients:

Phyto Farmacy™

<http://peak.health.com>

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Tips for Better Sleep

1. **Go to bed at the same time every night.** Preferably no later than 10pm. The more you are sleeping when it's dark, the better.
2. **Stop eating completely at least 3 hours before bed.** Digestion gives the body energizing nutrients and wakes up the body's circadian clock.
3. **Dim lights & turn off all digital screens at least 1 hour before bed.** Preferably 2 hours. Listen to soft music or read to relax.
4. **Don't use your brain at night heavily.** Don't do stressful, stimulating or highly active things (like dance or exercise) after dinner, if possible.
5. **Make sure you eat enough calories** during the daytime, especially protein. Too few can make you feel 'wired' at night.

References

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