

PRODUCT INFORMATION

Melachron®

Chronobiology-based melatonin preparation to improve sleep and sleep behavior. The patented formula guarantees the release of melatonin over a period of up to 8 hours. A single dose in the evening ensures therapeutically effective melatonin levels throughout the night so you can feel fully refreshed in the morning.

Basic Facts

Melachron® is a specially formulated tablet form of the natural hormone melatonin, which is found in almost all life forms studied so far. A patented formula ensures a biologically effective delivery of melatonin for at least 6 – 8 hours.

Melatonin is predominantly produced in the pineal gland, from where it is released into the blood in a set daily rhythm and “informs” the entire body of the circadian (sleep-wake) phases. Since daylight inhibits melatonin production, melatonin is mainly produced during the night. In addition to this circadian rhythm, there is also an annual rhythm based on the different lighting conditions during the seasons: In winter, melatonin is produced and released into the blood over a longer period of time than in summer. In some species, this is the cause for changes in coat color, the onset of hibernation, readiness to mate and more.

Up to 3 months of age, humans don't have a pronounced day-night rhythm regulated by melatonin. After this, nighttime serum levels of melatonin rise, and the circadian rhythm gradually develops. The highest melatonin concentrations are reached between the first and third years of life, after which production steadily decreases. As a result, older people experience lower nighttime levels than younger people, whose melatonin levels increase 8- to 10-fold during the night. In older people, nighttime levels often don't increase until late in the night and then only reach a maximum of 3 times the daytime value for a short time.

This small difference between daytime and nighttime levels can sometimes be insufficient to accurately convey the shift between day and night to the body and control the internal clock.

Effects

The most well-researched effect of melatonin is its influence on falling asleep when taken just before bedtime. Melatonin has also proven effective at alleviating subjective symptoms of jet lag: When taken at correct intervals, the sleep-wake rhythm that existed before the flight is restored more quickly. Melatonin is also suitable for shift workers, who often suffer from sleep problems since they are frequently subjected to changes in daily rhythm similar to those suffering from jet lag.

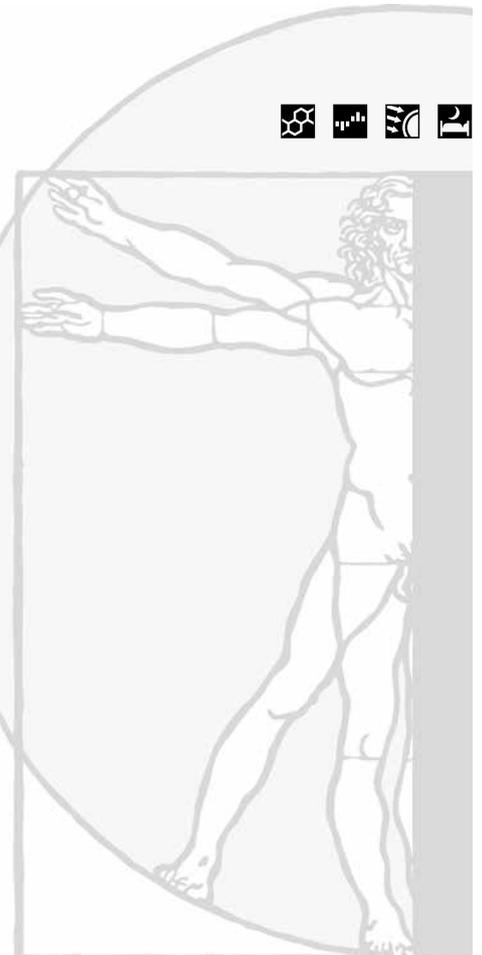
It has been shown that a good night's sleep can significantly improve general well-being the following day.

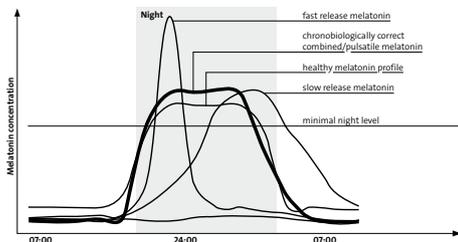
Sleep: Melatonin was discovered by Dr. Aaron Lerner in 1958 and began to be extensively researched in the early 1980s. At that time, the effect of melatonin on the sleep-wake cycle was discovered, and the substance began to be used for sleep disorders and jet lag. Double-blind studies have shown that taking melatonin at bedtime not only aids the onset of sleep and improves sleep quality but also promotes sleeping through the night when given in the right dosage and dosage form. To achieve both desired effects, enough melatonin must be absorbed by the body at the onset of sleep (transitional phase), and then sufficient melatonin must still be present for approx. 6 – 8 hours (remaining sleep phases).

Melachron® is not like traditional sleeping pills since these often have strong side effects and can have a significant addictive potential. In addition, some sleeping pills suppress the body's own melatonin production. Melatonin itself has no addictive potential and optimizes the natural sleep rhythm. This also eliminates the morning grogginess that often accompanies other sleeping pills.

Jet lag: Melatonin has the ability to subjectively regulate the shifts in the sleep-wake rhythm that occur especially with flights across multiple time zones. Several studies have shown that melatonin accelerates re-adaptation to the new time zone and can regulate subjective symptoms of jet lag.

Cardiovascular system: The effects of melatonin support a healthy cardiovascular system.





Composition

One tablet contains 3 mg (1/3 immediate release, 2/3 pulsatile (in bursts) release) of pure, pharmaceutical-grade synthetic melatonin (N-acetyl-5-methoxytryptamine). Other ingredients: mannitol, dicalcium phosphate, microcrystalline cellulose, magnesium stearate, SiO₂.

Dosage

Because of its short half-life of around 30 minutes, Melachron® should be taken immediately before bedtime but always before midnight.

Recommended dosage for trouble falling and staying asleep: 1 tablet per day. Due to the special conditions present in very tense and/or overweight individuals (high adrenaline levels, large body volume), the dosage may have to be increased to 2–3 tablets per day to achieve the desired effect.

To stimulate the immune system, improve well-being and support a healthy cardiovascular system:

Up to 60 years: 1–2 tablets daily
 Over 60 years: 2–3 tablets daily
 For shift workers: 1–2 tablets daily
 30 min prior to desired bedtime

Against jet lag:

1st day: 1 tablet at 11:00 p.m.
 (local time at destination)
 2nd day: 1 tablet at 10:30 p.m.
 (local time at destination)
 3rd day: 1 tablet at 10:00 p.m.
 (local time at destination)

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

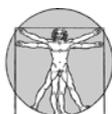
Store in a cool and dry environment, out of reach for children.

Melachron® Product Groups

Melachron® can be found in the following product groups (www.vitabasix.com):

-  **Hormones & Hormone-like Substances**
-  **Chronobiology**
-  **Immune System, Cell Protection & Antioxidants**
-  **Sleep**

Manufacturer:



VitaBasix®

by LHP Inc.

www.vitabasix.com | uk@vitabasix.com

Tel.: 00800-7030-7060 | Fax: 00800-1570 1590

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version May 2020