

## Melatonin



People use **melatonin** to adjust the body's internal clock. It is used for jet lag, for adjusting sleep-wake cycles in people whose daily work schedule changes (shift-work disorder), and for helping blind people establish a day and night cycle. **Melatonin** is also used for the inability to fall asleep (insomnia); delayed sleep phase syndrome (DSPS); rapid eye movement sleep behavior disorder (RBD); insomnia associated with attention deficit-hyperactivity disorder (ADHD); insomnia due to certain high blood pressure medications called beta-blockers; and sleep problems in children with developmental disorders including autism, cerebral palsy, and intellectual disabilities. It is also used as a sleep aid after discontinuing the use of benzodiazepine drugs and to reduce the side effects of stopping smoking. Some people use **melatonin** for Alzheimer's disease or memory loss (dementia), bipolar disorder, a lung disease called chronic obstructive pulmonary disease (COPD), insomnia caused by beta-blocker drugs, endometriosis, ringing in the ears, depression or seasonal affective disorder (SAD), mild mental impairment, nonalcoholic liver disease, chronic fatigue syndrome (CFS), fibromyalgia, restless leg syndrome, an inflammatory disease called sarcoidosis, schizophrenia, migraine and other headaches, age-related vision loss, benign prostatic hyperplasia (BPH), irritable bowel syndrome (IBS), bone loss (osteoporosis), a movement disorder called tardive dyskinesia (TD), acid reflux disease, *Helicobacter pylori* (H. pylori), exercise performance, infertility, epilepsy, aging, for menopause, metabolic syndrome, for recovery after surgery, agitation caused by anesthesia, stress, involuntary movement disorder (tardive dyskinesia), changes in heart rate when you move from laying down to sitting up (postural tachycardia syndrome), delirium, inability to control urination, jaw pain, inflammatory bowel disease (ulcerative colitis), and for birth control. Daily nighttime **melatonin** reduces blood pressure in male patients with essential hypertension. Taking **melatonin** leads to an average reduction in total cholesterol.

Active ingredient: [Melatonin](#)

**Brand(s):**Meloset

**Manufacturer:** Aristo

**Disease(s):**Shift-work Disorder / Insomnia / Delayed Sleep Phase Syndrome / DSPS / Rapid Eye Movement / Behavior Disorder / RBD / Attention Deficit-hyperactivity Disorder / ADHD / Autism / Cerebral Palsy / Intellectual Disabilities / Smoking / Weakness

### Melatonin 3mg

	Per pill	Per Pack	Order
10 tablet	\$ 0.99	<b>\$ 9.95</b>	<a href="#">Add to cart</a>
20 tablet	\$ 0.90	<b>\$ 17.95</b> <del>\$19.90</del>	<a href="#">Add to cart</a>
30 tablet	\$ 0.83	<b>\$ 24.95</b> <del>\$29.85</del>	<a href="#">Add to cart</a>
60 tablet	\$ 0.67	<b>\$ 39.95</b> <del>\$59.70</del>	<a href="#">Add to cart</a>
90 tablet	\$ 0.56	<b>\$ 49.95</b> <del>\$89.55</del>	<a href="#">Add to cart</a>
120 tablet	\$ 0.50	<b>\$ 59.95</b> <del>\$119.40</del>	<a href="#">Add to cart</a>
180 tablet	\$ 0.44	<b>\$ 79.95</b> <del>\$179.10</del>	<a href="#">Add to cart</a>

### Melatonin Tablets

#### What is Melatonin?

Melatonin is the natural hormone your body secretes that helps to maintain your wake-sleep cycle (also called "biological clock"). The wake-sleep cycle is the process of sleep and wakefulness; in humans this averages 8 hours of nighttime sleep and 16 hours of daytime activity.

Melatonin is also made synthetically and available without a prescription as an over-the-counter (OTC) dietary supplement in the U.S.

