

腦白金 美國甜睡寶 *Dreams'* Melatonin Capsule

Dreams' Melatonin Capsule combines melatonin with time-tested herbs. This formula is designed to promote relaxation and sleep and maintain a healthy sleep cycle without the morning-after side effects. The active ingredients in this specially crafted formula may provide the following benefits:

Melatonin

Melatonin is a natural hormone secreted by the pineal gland at the center of our brain.^[1] It helps the body regulate the sleep-wake cycle. As we age, melatonin secretion in the pineal gland will decline causing sleeplessness.^[2] Melatonin is found helpful in inducing and maintaining sleep with minimal morning-after residual effects both in people with normal sleep patterns and those having insomnia.^[3,4] It can also ease circadian system disorders such as jet lag, shift work and some sleep disturbances.^[1]

Valerian Extract

Valerian is the most commonly used herbal product to induce sleep in both the United States and Europe.^[5] The extract contains numerous active compounds, including valepotriates and valerianic acid that work together to provide calming and relaxing effects.^[4] Taken for centuries as folk medicine to promote sleep, valerian can also be used as a calming agent for stress and is especially beneficial for those who suffer from sleeplessness or restlessness over stress or anxiety.^[4-6]

Passion Flower

Passion flower has been used by people all over the world for centuries as a traditional remedy to relieve anxiety and to promote sleep.^[7] Researchers theorize that compounds in the plant, known as flavonoids and alkaloids, regulate the neurotransmitters in our nervous system that reduce stress, help the body relax and induce sleep.^[8]

Hops Flower

Hops Flower is a subject in the German Commission E Monographs, which found this herb effective in improving sleep and mood quality.^[9] While research has shown that valerian could reduce sleep latency, addition of hops in the formula could further enhance the effect.^[10] It could relieve excitability and restlessness associated to tension headache with an additional benefit of improving appetite and digestion, as such promoting overall health-being of the body. ^[9]

Who may need the Dreams' Melatonin Capsule?

- People who live in a stressful lifestyle which causes sleep problem.^[4,7]
- People who work shifts or experience jetlag due to long distance travel.^[1,4]
- People with irregular sleep pattern and difficult to fall asleep.^[1,4]

Recommended daily dose:

Adult: Take 1-2 capsules one hour prior to bedtime, better taken on an empty stomach.

Precautions:

Not for use by any person under the age of 18. If you are pregnant, nursing or taking prescription drug, consult your physician prior to use. This product may impair ability to drive or operate heavy equipment.

Reference:

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5. Bent S, Padula A, Moore D, Patterson M, Mehlhing W. Valerian for sleep: a systematic review and meta-analysis. *Am J Med.* 2006;119 (12):1005-12.
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Product Made in U.S.A.