



Sleep Aids

MELATONIN

Supplement Facts:

- Melatonin.

Background:

Melatonin known as the 'hormone of darkness' is produced at nighttime by the pineal gland in the brain reaching its peak levels at around 3am in the morning. It is a very important hormone, which regulates and keeps in balance our circadian cycle, maintains cell health, and activates at night our 'self-repair' and regeneration systems. However, with age natural melatonin levels start to decline which impacts our ability to properly function during the day frequently resulting in development of a chronic fatigue syndrome. This decline also impacts the quality of our night's rest when usually deep sleeping patterns are replaced with periods of wakefulness and inability to quickly fall asleep. **Melatonin** by **Forze Della Natura™** is an all natural sleep aid that contains a scientifically substantiated 3 mg dosage of Melatonin that aids in the balancing of our circadian cycles, improves quality of sleep, increases the speed of falling asleep and allows to have good night's rest.

Key Features:

- Natural Sleep Aid;
- Supports Normal Circadian Cycles;
- Improves Quality of Sleep and Alleviates Insomnia;
- Promotes quicker recovery after jet-lag and shift work.