

# Sweet Dreams

## Melatonin Complex

**Code:** 108  
**Package Size:** 60 capsules  
**Suggested Use:** 1 capsule before bedtime as needed,  
or as recommended by a health care professional.

*Also available in  
Trial Packs  
Code: 122 -- 8 capsules*

### About Melatonin

The book *The Melatonin Miracle*, by Walter Pierpaoli, M.D., Ph.D., and Milliam Regelson, M.D., published by Simon and Schuster, and available in book stores, makes the following statements:

"Melatonin is nature's age-reversing, disease-fighting, sex-enhancing hormone!"

#### *What scientist are saying about Melatonin*

- ◆ Melatonin naturally exists in our bodies and is perfectly safe.
- ◆ A small dose of Melatonin at bedtime is all it takes.
- ◆ By boosting our Melatonin back to the level of our youth, we can actually trick the body into thinking and behaving as though we are still young.

#### *On-going research across the globe suggests far ranging health benefits*

- ◆ A natural, nonaddictive sleeping agent.
- ◆ Strengthens the immune system, therefore, it helps strengthen the body's resistance to cancer and other diseases.
- ◆ Prolongs sexual vitality.
- ◆ Lowers blood pressure and normalizes cholesterol.
- ◆ Eases stress.

Melatonin exerts influence in the regulation of our defense mechanisms. Melatonin is a hormone secreted by the pineal gland in the brain. It's role in human health has been a mystery until recent world wide studies have revealed it's various uses and a wide range of benefits.

### Studies Have Shown

- ◆ A potential benefit to induce sleep.
- ◆ Helps with symptoms of jet lag.
- ◆ Contains a substance that may fight depression in the elderly.
- ◆ Lab tests have shown, regular doses after age 60 may enhance the lifespan by as much as 20 years.

Additionally, scientists have found Melatonin may help lower cholesterol and enhance enzymes that help produce brain chemicals such as serotonin and dopamine. Both chemicals are important in the transfer of messages to the brain.

*Melatonin with the  
six other time-proven herbs  
in Sweet Dreams  
make it the  
supplement of choice!*

## **Ingredients**

### **Valerian Root**

#### **Main uses:**

nervous tension, insomnia, and headaches. Valerian also has a strengthening action on the heart (good for palpitations) and experiments indicate that it lowers blood pressure. Valerian is a useful remedy for nervous dyspepsia, stomach cramps, spastic or irritable bowel. It is also a treatment for menstrual cramps and PMS.

### **Passion Flower**

#### **Main uses:**

relaxes the nervous system and has nonaddictive, sedative properties. It is an important remedy for anxiety, tension, and insomnia. It is also used to reduce high blood pressure.

### **Skullcap**

#### **Main uses**

nervousness, depression, insomnia, and headaches. Skullcap is an excellent tonic for the nervous system. It is good for treating anxiety, depression, insomnia, and headaches caused by nervousness. Its bitter taste is also strengthening and stimulating to digestion.

### **Wood Betony**

#### **Main uses:**

taken internally, it stimulates the circulation and is useful in the treatment of headaches and migraines. It also relaxes the nervous system and helps relieve neuralgia. In France it is recommended for liver and gallbladder complaints.

### **Hopps**

#### **Main uses:**

Insomnia, nervous tension, and gastrointestinal spasm. Modern research shows that hopps relaxes smooth muscles, especially those of the digestive tract.

### **Chamomile Flower**

#### **Main uses:**

Known for its calming effect on smooth muscle tissue, nervous stomach, menstrual cramps, and other common problems often related to stress. Since 1600 Europeans have used Chamomile as a cure for insomnia, neuralgia, back pain, and rheumatism. Chamomile was also a popular herbal cure in ancient Egypt.

## **References**

*"The New Age Herbalist"*,  
published by Simon and Schuster.

*"Herb Bible"*,  
written by Earl Mindell,  
published by Simon and Schuster.

### ***Special Notice***

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