

LIPOSOMAL MELATONIN + CBD

MADE WITH
**NON
GMO**
ingredients

Benefits of Melatonin

- Supports Healthy Sleep*
- Encourages Recovery from Jet Lag and Late-Night Work Shifts*
- Calms the Mind*
- Supports a Balanced Mood*
- Great-Tasting, Highly Bioavailable Delivery System

Sleep helps us think clearly, deal with stressful situations, and supports healthy immunity. Yet, for many people, getting sufficient sleep is a frustrating challenge.

Resetting the Body's Biological Clock*

The brain's pineal gland secretes the hormone melatonin during darkness. Melatonin maintains the body's biological clock and promotes healthy sleep.* However, modern humans are exposed to many melatonin-blocking factors such as light from cell phones and computers. The result? A restless night of tossing and turning.

Melatonin supplementation may lead to falling asleep faster, staying asleep longer, and sleeping more deeply.* Additionally, melatonin supports recovery from jet lag and shift work.* It balances mood during the winter, when sunlight levels are lower.*

Melatonin + CBD: A Dynamic Duo

Receptors known as CB1 and CB2 play an important role in this system, and compounds made in the body known as endocannabinoids act on these receptors. Think of CB1 and CB2 receptors as locks and endocannabinoids as keys. When endocannabinoid "keys" are "inserted" into these receptor "locks," it opens up many doors to good health. CB1 receptors are found in the brain and participate in memory, learning, mood, appetite, and sleep. The GI tract is home to most CB2 receptors. Unfortunately, some people have an endocannabinoid deficiency. This is when the body doesn't make enough endocannabinoids. Or, it doesn't make enough CB1 and CB2 receptors. Just like how endocannabinoids made in the body activate endocannabinoid system receptors, plant compounds known as phytocannabinoids can balance CB1 and CB2 activity.* They can also increase the numbers of CB1 and CB2 receptors.*

Fast-Acting Liposomal Delivery System

Liposomal Melatonin CBD is highly bioavailable. Your body can immediately use the melatonin and CBD to support healthy sleep or recover from a plane trip or late-night work shift.*

The Advantages of Liposomal Melatonin + CBD

- Protects melatonin and CBD from break down in the stomach.* They reach the bloodstream faster compared with other delivery systems.*
- Convenient liquid formula makes it easy to find the right dose for optimum health.*
- Non-GMO and naturally flavored with a refreshing mint taste.

Suggested Use: As a dietary supplement, take 1 ml by dropper daily, or as directed by your healthcare practitioner. Shake well before each use.

Supplement Facts

Serving Size 1 ml
Servings Per Container 30

Amount Per Serving	% Daily Value
Total Carbohydrates <1 g	<1%†
Full Spectrum European Hemp (<i>Cannabis sativa</i>) (Aerial Parts) Oil 50 mg *	
Yielding Cannabidiol (CBD) 5 mg	
Melatonin 3 mg	*

† Percent Daily Values are based on a 2,000 Calorie diet.
*Daily Value not established.

Other Ingredients: glycerin, water, natural flavors, oleic acid polyglyceride, sunflower lecithin, citric acid, xanthan gum, peppermint oil, spearmint oil, rosmarinic acid.

Warning: Do not take this product if pregnant or nursing.

VEGETARIAN / GLUTEN FREE / SOY FREE

References

1. Sanford AE, Castillo E, Gannon RL. Cannabinoids and hamster circadian activity rhythms. *Brain Res.* 2008 Jul 30;1222:141-8.
2. Carlini EA, Cunha JM. Hypnotic and antiepileptic effects of cannabidiol. *J Clin Pharmacol.* 1981 Aug-Sep;21(S1):417S-27S.
3. Babson KA, Sottile J, Morabito D. Cannabis, Cannabinoids, and Sleep: a Review of the Literature. *Curr Psychiatry Rep.* 2017 Apr;19(4):23.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.