



## Melatonin Spray

### Liposome Delivery System for Hormone Support

#### Product Details:

Sleep is an extremely important physiological process that affects all aspects of health. According to Harvard Women's Health Watch and Harvard Medical School, there are six reasons to get enough sleep. Those include improving learning and memory, balancing metabolism and weight, assisting personal safety by preventing daytime lapses from causing mistakes, enhancing mood, promoting cardiovascular health and supporting stronger immune function. Research has shown that melatonin is a critical hormone that may influence sleep to improve health, among other functions.

Melatonin is the primary hormone of the pineal gland that helps to regulate other hormones and maintains the body's circadian rhythm. The circadian rhythm is a twenty-four hour cycle driving physiological processes of the body and plays a crucial role in determining when to fall asleep and when to awaken. This rhythm is balanced by the dark and light cycle of the day where darkness stimulates melatonin production and light suppresses its activity. The "clock" that regulates the circadian rhythm is located in the suprachiasmatic nuclei (SCN) which are a group of cells located in the hypothalamus. The SCN receives information about the quantity of light through the eyes, interprets the information and sends it to the pineal gland, which

secretes melatonin in response. The melatonin cycle may be disrupted by many influences and, once disturbed, the health of the body is compromised. Common disturbances may be due to overexposure to light in the evening and lack of light during the day, jet lag, poor vision, etc. Growing evidence suggests that low-frequency electromagnetic fields may also interfere with melatonin's action.

**Melatonin Liposome Spray** may be used in any healing strategy to initially improve conditions associated with low melatonin levels, thereby allowing for time to address the causative factors.

#### Recommended Usage:

As a dietary supplement use 30 minutes before bedtime, 5 sprays under the tongue, hold 20 seconds, then swallow, or as directed by your healthcare professional. Shake well.

#### Synergistic Considerations:

Core Ginkgo Blend  
Core Maca Gold  
Core St. John's Wort  
Core Valerian  
ReHydration  
Relax-Tone  
Hypothalmapath  
Fields of Flowers

Rescue Calm  
Seratran  
BioBalancer  
BioMatrix  
Greening Power  
Phyto Cal-Mag Plus  
Restore Qi

**Vitamin B6** (Pyridoxine HCl) – A critical B vitamin used by the body to balance sodium and potassium levels, regulate fluid balance and electrical function of the nerves, heart and musculoskeletal system. B6 is also necessary to maintain normal intracellular magnesium and is critical for the body to convert tryptophan into serotonin, a precursor to melatonin.

This product is gluten-free.

#### Order Information:

For Fast Service  
Order Online: [www.goenergetix.com](http://www.goenergetix.com)  
Call Client Care: 800-990-7085  
Fax: 866-924-6350

Email: [info@goenergetix.com](mailto:info@goenergetix.com)  
Client Care Hours:  
8:30 to 5:30 ET  
Monday - Friday

10015 Melatonin Liposome Spray  
(2 oz. bottle)

#### Disclaimer:

Limited to Healthcare Practitioners for clinical research purposes only.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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#### References:

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## MycoDerm

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**Propolis** – Bee propolis is a brownish resinous substance collected by bees to seal their hives and because of its antimicrobial properties, it keeps hives free of germs. There is evidence that propolis has some broad antimicrobial activity and that it may have anti-inflammatory effects that could make it useful in the treatment of some forms of arthritis.

**Comfrey** (*Symphytum officinale*) – The name comfrey is derived from a Latin word meaning “grow together” and “heal.” It has been used traditionally for bruises, joint sprains, to speed wound healing, and to encourage new skin and cell growth.

Other Ingredients: Olive Oil, Beeswax, Stearyl Alcohol, Sweet Al-

mond Oil.

This product is gluten-free.

#### References:

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