

## MELATONIN & SLEEP

Getting quality sleep is crucial for good health. It's so much harder to get things done, take care of yourself or your family, or even hang out with friends when you haven't slept well. For nights when you need sleep support, consider taking a melatonin supplement.\*

### HOW MUCH SLEEP SHOULD I GET?

While everyone's bodies and sleep needs are unique, it is recommended that adults get 7-9 hours of sleep every night. Children need much more rest when they are young, and those needs decrease as we age.

### HOW CAN MELATONIN HELP ME SLEEP?

Melatonin is a hormone that our bodies naturally produce at night in response to darkness. This helps prepare our brains and bodies for sleep and helps to regulate our sleep cycle.\*

Taking melatonin before bedtime can support sleep.\* As we age, our bodies may not produce as much melatonin, so for some, melatonin supplementation can offer sleep support.\*

### CAN MELATONIN HELP WITH JET LAG?

Yes, melatonin can help with jet lag.\* Jet lag is the tired feeling some people get when they travel across time zones and their body clock may not align with the new time.

So, if you need help with jet lag when traveling or general sleep support, try one of the many delicious **vitafusion**<sup>™</sup> melatonin supplements.\*

### HOW MUCH MELATONIN SHOULD I TAKE TO HELP ME SLEEP?

Melatonin supplements can range from 1.5 mg to 10 mg per serving. Work with your health care professional to discuss if melatonin is right for you and to determine the best dosage. There are several **vitafusion** melatonin options to choose from:

- **Melatonin:** These delicious, sugar-free white tea and peach flavored gummies contain 3 mg of melatonin per serving.
- **Extra-Strength Melatonin:** Every serving of these blackberry flavored gummies provides 5 mg of melatonin.
- **Melatonin Max Strength:** Made with strawberry flavor, each serving contains 10 mg of melatonin.

Brought to you by the **vitafusion**<sup>™</sup> nutrition experts.

\*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.