

# TONICSEA™ Melatonin 3

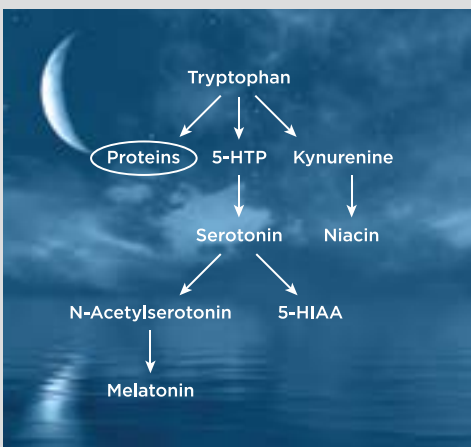
SLIP INTO NATURAL SLUMBER

## The Beauty of Sleep

The perfect night of sleep starts before your head hits the pillow — it even starts before you climb into bed. When the sleep-wake cycle is healthy, the mind and body relax with ease. But when sleep is elusive, TonicSea Melatonin 3 helps you get the restful sleep that you've been missing.\* Melatonin achieves healthy, restful sleep by supporting proper sleep cycles and your natural circadian rhythms.\* With Melatonin 3, you will get on the road to falling asleep faster and staying asleep longer — and you'll wake up refreshed and rested after finally getting the uninterrupted sleep you deserve.\*

## A Good Morning Starts Tonight

TonicSea Melatonin 3 makes it possible to replace tossing and turning and racing thoughts with the sweet relief of shut-eye.\* With just 3 milligrams, Melatonin 3 helps you help you fall asleep faster by working in advance to prepare your body and mind for rest.\* As one of the most clinically studied supplements on the market, melatonin is a safer and more reliable option than other sleep aids. One study of 50 people with sleep issues revealed that taking melatonin before it was time for bed improved sleep quality and helped people fall asleep faster.\*<sup>1,2</sup>



## How Does Melatonin Work?

About two hours before bedtime, your melatonin levels rise when it is created in the pineal gland by the amino acid tryptophan. When exposure to light, stress, or other lifestyle factors block this process, a melatonin supplement like Melatonin 3 signals your biological clock and helps your brain anticipate sleep.\*<sup>3</sup> As a result, your natural circadian rhythms (your body's 24-hour internal clock) become balanced, and you can drift off into deep, restorative sleep without worry, improving your overall well-being and immune function.\*

\* 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.

## How to Use:

Take one (1) capsule 30 to 60 minutes before bed or as directed by your healthcare practitioner.



60 Servings

### Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	%DV*
Melatonin	3 mg	*

\* Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Hypromellose (Capsule), Organic Rice Flour.

**Manufactured for:** TonicSea  
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sleep support\*



immune support\*



vegetarian



gluten free



non gmo

cGMP

All TonicSea formulas meet or exceed cGMP quality standards



## Features & Benefits

Supports proper sleep cycles and circadian rhythms\*

May help with falling asleep and jet lag\*

Supports relaxation and calmness\*

Supports immune function\*

## Key Ingredients

**Melatonin:** A hormone released by the pineal gland that plays an integral role in regulating the sleep-wake cycle.\*

## The TonicSea Difference

Sound, restful sleep is essential for daily energy and maintaining good health for a lifetime. Melatonin 3 by TonicSea contains a pure dose of the highest-purity melatonin available to support natural sleep cycles.\* TonicSea continually works to discover new ways to deliver the best healthful nutrients. Every serving of Melatonin 3 is designed to help you get the rest you need and crave.\*

**Caution:** If you are pregnant or nursing please consult your healthcare professional before using this product. Keep out of reach of children.

**Storage:** Keep tightly closed in a cool, dry place.

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4973490/>
- <https://www.sleepdr.com/the-sleep-blog/cdc-declares-sleep-disorders-a-public-health-epidemic/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6057895/>

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