

MELASLEEP ULTRA FACT SHEET

1) What is Melasleep Ultra?

Melasleep Ultra contains Melatonin and the B-vitamins Inositol, Niacinamide and D-Calcium Pantothenic Acid, which work in combination to relax you so you can get a good night's sleep.

2) But my doctor really isn't interested in alternative therapies and I know that he won't agree with me taking it?

If you would like a doctor's opinion, we can contact our in-house doctor and put any questions to him for you.

3) I am taking other prescribed/complimentary medication; do I really need to tell my doctor before supplementing Melasleep Ultra?

Yes, we would always advise informing your doctor of any product that you wish to supplement. Your doctor will need to monitor your health and supplementing another product could contra-indicate with your medication.

4) I am taking medication for epilepsy, can I take Melasleep Ultra?

Yes, as Melasleep Ultra can relax you enough to get a good night's sleep, as well as receiving the benefits from Melatonin.

5) I am on blood-thinning medication; can I take Melasleep Ultra as well?

I'm afraid the answer is no, as Melasleep Ultra could seriously affect how the medication works.

6) I've heard of Melatonin, but do not know what it is or what it is for?

Melatonin is a hormone produced by the pineal gland in the brain and is the main hormone that governs the circadian rhythms (the body's sleep/wake cycle). Melatonin is produced in greater quantities during the night than during the day. Production of this hormone drops dramatically from 50 onwards.

7) Is Melasleep Ultra the same as Melatonin?

Yes, but with added B Vitamins, which all work together in a chain reaction that manufacture neurotransmitters. These neurotransmitters are needed for the production of the adrenal stress hormones and this anti-stress combination of B Vitamins, formulated with Melatonin, enhance the overall effect.

8) What are the added B Vitamins in Melasleep Ultra?

Inositol.	A Vitamin B Complex, which acts as a sedative.
Niacinimide.	Vitamin B3, which promotes relaxation.
D-Calcium Pantothenic Acid.	Treats irritability and insomnia.

9) Why would I need to take Melasleep Ultra?

Melatonin helps to reset the body clock and therefore can be beneficial in coping with insomnia as well as jet lag.

10) How else will I benefit from taking Melasleep Ultra?

As well as relieving insomnia, Melasleep Ultra boosts the immune system, can regulate blood pressure, fight off free radical damage and also can be an effective anti-oxidant.

11) Can I use Melasleep if I am currently taking other prescribed sleeping tablets?

No, we would not recommend Melasleep Ultra if you are taking any other sleeping tablets. You could however, start taking Melasleep Ultra or Melatonin 7 days after finishing a course of sleeping tablets.

12) I am taking HRT; can I still take Melasleep Ultra?

There are no known contra-indications with Melasleep Ultra and HRT, so yes would be the answer.

13) Is it safe to take Melasleep Ultra if I am suffering from or recovering from cancer?

You could take Melatonin if you have or have had any type of hormonal cancer as Melatonin is a good anti cancer supplement as it fights off harmful free radical damage. It is also over five hundred times more efficient at protecting cells from radiation damage than DMSO, a treatment given for radiation sickness **BUT** it would be best to speak to the person treating you or monitoring your recovery first to see if they are happy for Melatonin to be added or we could contact our in-house doctor to check it is fine alongside your treatment.

14) Can I take Melasleep Ultra with other WWH products?

Melasleep Ultra should not be used in conjunction with other products containing Melatonin. Because of the 20mg of Niacin contained in each tablet, we would recommend that you do not exceed a dose of 2 tablets of Melasleep Ultra in one day. You could take a 1mg or 3mg tablet of pure Melatonin if you wanted that bit extra.

Melasleep Ultra Ingredients per tablet

Melatonin	1mg
Inositol (Vitamin B Complex)	100mg
Niacinamide (Vitamin B3)	20mg
D-Calcium Pantothenic Acid	50mg