

Klean Melatonin

Naturally flavored liquid spray

DESCRIPTION

Klean Athlete® Melatonin is 3 mg of pure melatonin in a great-tasting natural raspberry lemonade-flavored liquid spray, to support the body’s sleep-wake cycle in a quick-delivery, travel-ready form. ‡

As with the entire Klean Athlete® line, Klean Melatonin has undergone rigorous testing by the NSF Certified for Sport® program, which was created to meet the growing demands of athletes, coaches and healthcare professionals to certify that sports supplements are safe and free from banned substances. Every product that carries the NSF Certified for Sport® mark has undergone stringent laboratory testing to confirm content, purity and compliance.

INDICATIONS

- Supports the body’s natural melatonin production, healthy sleep-wake cycles, and exercise recovery. ‡

FUNCTIONS AND MECHANISMS OF ACTION

Supplemental melatonin augments the normal functioning of the pineal gland, supporting the body’s natural sleep cycle. External factors such as travel, shift work and stress affect the body’s production of melatonin, which may impact the onset of sleep and the quality. Research indicates that supplemental melatonin can decrease the time needed to fall asleep, help to reach a deeper sleep state, and improve the ability to stay asleep. In one study, melatonin supported sleep onset when taken in the evening, and did not cause morning drowsiness. A double-blind, placebo-controlled, parallel design study suggested that melatonin supplementation lowers sleep onset latency and increases total sleep time in subjects. ‡

The phase-shifting effect of melatonin can be beneficial to those experiencing circadian rhythm disturbances. Sleep phase delay or phase advancement is associated with a “free-running” circadian rhythm of more than 24 hours and results in sleep alterations. A double-blind, placebo-controlled study involving workers with circadian rhythm alterations after transmeridian flights showed melatonin supported their ability to resynchronize the natural circadian body rhythms with the environmental light-dark cycle. ‡

Preliminary research shows that melatonin supplementation before strenuous exercise may modulate oxidative stress-signaling associated with acute stress-induced sports performance. ‡

FORMULA (#KA202411-50)

2 sprays contain:

Melatonin 3 mg

Other ingredients: Purified water, apple juice concentrate, natural glycerin, xylitol, natural flavors, blackcurrant juice concentrate, natural lemonade flavor, natural raspberry flavor, xanthan gum, potassium sorbate, citric acid, and purified stevia leaf extract.

Non-GMO, Gluten-free

SUGGESTED USE

Take 2 sprays orally, once daily at or before bedtime, or as directed by a trainer, coach, or health professional.

SIDE EFFECTS

If you are pregnant, nursing, taking medication (especially corticosteroids), have a medical condition, or are experiencing long-term sleep difficulties, consult your health professional before use. Not to be administered to children unless directed by your health professional. Long-term use of melatonin has not been studied. This product may cause drowsiness. Do not use before or while operating a motor vehicle or heavy machinery.

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STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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For more information on Klean Athlete® Melatonin visit kleanathlete.com

‡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.

Manufactured for
Klean Athlete
112 Technology Drive
Pittsburgh, PA 15275
800-245-4440



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