



NATURE'S SUNSHINE

Melatonin Extra

Vegan

Kosher

Halal

Non-GMO

GOOD FOR

Pineal Gland

Nervous System

Brain

SIZE **60 Capsules**

ITEM # **2830**

SERVING **1**

SUPPLY **60 days**

DIRECTIONS FOR USE Take 1 capsule daily before bedtime.

— How the Key Ingredients Work

Melatonin Extra brings together melatonin and a carefully chosen circle of supporting nutrients to help your body wind down at night, defend itself from everyday stress, and wake up feeling more like itself. Each ingredient plays its own role, and together they cover more ground than melatonin alone.

Melatonin — Your body already makes melatonin — it's the signal your brain sends when it's time to sleep. Supplementing it helps reinforce that natural rhythm, making it easier to fall asleep, stay asleep, and feel genuinely rested. Research also shows melatonin acts as a powerful defender against everyday oxidative stress, and studies have noted it may help ease occasional heartburn and nighttime anxiety as well.

Vitamin E — Vitamin E is the body's go-to fat-soluble protector, working inside cell membranes to neutralize the kind of unstable molecules that can wear cells down over time. Clinical studies confirm it raises the body's antioxidant levels and supports healthy circulation. It also plays a role in keeping red blood cells resilient and arterial walls functioning smoothly.

Eleuthero — Sometimes called Siberian ginseng, eleuthero is a time-honored adaptogenic root used for centuries in Russian and Chinese wellness traditions to help the body handle stress and fatigue. Research shows it supports healthy cortisol balance, helps sustain stamina and mental endurance, and brings its own antioxidant punch — making it a natural partner for a sleep and stress formula.

Ginkgo Biloba — Ginkgo is one of the oldest trees on Earth, and its leaf extract has been studied extensively for supporting circulation, brain health, and a calm, clear mind. Clinical research shows it can help ease feelings of anxiety and supports healthy blood flow throughout the body. Its antioxidant compounds help protect cells from the wear of daily life.

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