The ingredients in Essential Melatonin are balanced out in a phytonutrient matrix to nutritionally support healthy sleep and methylation.

**PRIMARY USES**
- Help maintain a healthy circadian rhythms
- Help treat insomnia
- Improve sleep duration

**QUICK FACTS**
Melatonin is a natural hormone made by your body’s pineal gland located just above the middle of the brain. Its job is to regulate sleep cycles, which is why it’s a popular sleep aid. However, it is not categorized as a drug.

Synthetic melatonin is made in factories that are not regulated by the FDA. Listed doses may not be controlled or accurate, or are they methylated for bioavailability.

Essential Melatonin is methylated and the ingredients backed by research.

---

**Essential Melatonin**

**WHY THIS SUPPLEMENT?**
Your doctor has placed you in good hands. Optimal Health Systems cares about patients, too, which is why we create supplements that contain nutrients ONLY from whole foods. Because of this, you won’t have the same concerns as with synthetics. They are lab-tested and have a wealth of evidence to back our claims, along with patents.

**WHAT SETS US APART?**
There are plenty of whole food supplements out there, but only Optimal Health Systems takes it a step further with its pre-digestion process we call **Opti-Blend™**. It utilizes a combination of 10 kosher-certified, non-GMO enzymes, and patented organic minerals to pre-digest every nutrient before encapsulating. **Opti-Blend™** ensures delivery at the cellular level and up to a 300% increase in absorption.

---

**Supplement Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>2</td>
<td>&lt;2%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>1 g</td>
<td>&lt;2%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0 g</td>
<td>0%</td>
</tr>
<tr>
<td>Melatonin</td>
<td>6 mg</td>
<td>**</td>
</tr>
</tbody>
</table>

† Percent Daily Values based on a 2,000 Calorie Diet.
** No Daily Value Established.

Contains Water, Natural Cane Sugar, Potassium Sorbate, & Organic Vanilla Flavor.

Directions: Take 4 ml at bedtime.

90 CAPSULES

This product is available at:

**HARRIS ESSENTIALS**

OptimalHealthSystems.com – 800-890-4547

*Statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.*