

# UNICITY Melatonin



Sleep: we all need it, but it can be frustratingly elusive. Most adults don't get enough sleep each night, with as much as two-thirds of the world's population reporting occasional bouts of sleeplessness.

Melatonin is a hormone that helps control the body's sleep and wake cycles (also known as circadian rhythms). But sometimes, the body doesn't produce enough melatonin to make you sleepy by bedtime, which can lead to a lot of restless nights. Other factors—such as travel, aging, sunlight, blue light, and stress—can further disrupt the body's circadian rhythms.

**Unicity Melatonin supplements the body's melatonin production to help you get your sleep schedule back on track.** The added peppermint oil and leaf gives the dissolvable tablets a light, refreshing flavor, and also helps open up your nasal passages so you can take deeper breaths and promote relaxation. Unicity Melatonin helps you fall asleep faster and get better quality sleep, so you wake up refreshed and ready to take on another day.

## Features

- Fast-acting formula to help you fall asleep quickly
- Easy-to-dissolve tablets
- Delicious natural peppermint flavor
- Non-habit forming

## Benefits



Helps reset the body's sleep-wake cycle\*



Helps you wake up feeling refreshed\*



Helps increase sleep quality and amount\*



Helps to relieve daytime fatigue associated sleeplessness\*



Helps you fall asleep faster\*

## Use

Let one tablet dissolve on your tongue 15–30 minutes before bedtime.

## Ideal for

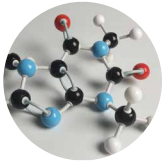
Individuals who have occasional trouble falling or staying asleep

Those looking for a sleep aid to take while traveling or experiencing jet lag

Adults who have an altered sleep schedule, or who work at night

People whose sleep schedule has been disrupted

## Featured ingredients



**Melatonin:** A hormone our brains produce in response to darkness to help us get sleepy. It also helps with the timing of our circadian rhythms (our internal 24-hour clock). Melatonin helps us to fall asleep faster and to sleep deeper and longer.



**Peppermint oil and leaf:** Added to not only make it taste great, but to leave your breath clean and fresh. Peppermint also helps open up your nasals and airway, which helps you take deeper breaths which can promote relaxation, reduce snoring, and promote deeper sleep.

## Supplement Facts

Serving Size	1 Tablet
Servings Per Container	60
Amount Per Serving	% DV
Melatonin	2.5 mg †

† Daily Value not established.

Other Ingredients: Sorbitol, Magnesium Stearate, Peppermint Oil and Peppermint Leaf.

UNICITY

\*Note: Maintaining a healthy diet and exercise regimen and getting plenty of sleep will help support a healthy immune system.

\*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.

Unicity.com  
Customer Service: 1-800-864-2489  
© 2022 Unicity International, Inc. All Rights Reserved.

# UNICITY

# Melatonin

## FAQs



### Who should take Melatonin?

Unicity Melatonin is for healthy adults experiencing occasional bouts of sleeplessness. If you are pregnant, take medications, or experience sleep difficulties for longer than a few weeks, consult your doctor before use.

### Is Melatonin habit forming?

No. Melatonin is not habit forming when taken as directed and for short periods of time.

### Why are there black flecks in Unicity Melatonin tablets?

The peppermint leaves used in the formula are dark green and appear black in the tablets. This is natural and does not mean the product should not be taken. If the expiration date on the bottle has not passed, you are fine to take the product.

### Can I take more than one tablet?

We recommend starting with just one tablet. However, if one isn't enough to help you sleep, you can increase the dosage to 2–3 tablets. Only take as much as you need to help you sleep.

### Is it safe to take Melatonin every night?

Melatonin is safe for short-term use (a couple weeks). If your sleep schedule has been disrupted by travel, a change in routine, stress, or some other factor, Melatonin can help get your sleep-wake cycle back to where it should be. If you have prolonged issues with sleeplessness outside of temporary interruptions, we recommend speaking with your physician.