

# MORPHÉLIN™

## (Melatonin 1mg/spray)

Morphélin is a patented sublingual extra fine spray emulsion of melatonin 1mg/spray. Morphélin helps increase the total sleep time in people suffering from sleep restriction or altered sleep schedule. Helps to prevent and/or reduce the effects of jet lag for people travelling by plane easterly across two or more time zones. Helps to reduce the time it takes to fall asleep in people with delayed sleep phase disorder. Helps re-set the body's sleep-wake cycle.

Melatonin is basically a hormone, naturally produced by the pineal gland and is linked to the 'biological clock' that regulates sleep. The amount of physiological melatonin varies during the day- low during the day and reach a peak during the night. When there is a sudden change such as switching working hours from night to day or due to time zone difference (Jet Lag), it influence and cause disturbance in the rhythm of sleep. Morphélin will help to quickly get used to the new rhythm of sleep, contributing to the reduction of time taken to fall asleep. It can also be useful in elderly, who find difficult to fall asleep due to the natural decrease of melatonin levels related to ageing.

**Medicinal ingredients:** Melatonin 1mg/spray.

**Non medicinal ingredients:** Aqua, polysorbate 80, glycerol, medium chain triglycerides, ascorbyl palmitate, flavour, potassium sorbate, citric acid, sucralose.

**Dosage: Adults:** 1 to ten sublingual sprays per day.

**Directions of Use:** Shake well before use. Do not drive or use machinery for 5 hours after taking melatonin. Take once a day at bedtime after darkness has fallen, while travelling, and at destination until adaptation to the new daily pattern. For occasional short-term use. For use beyond 4 weeks, consult a health care practitioner (sleep restriction/altered sleep schedule, delayed sleep phase disorder, sleepwake cycle)

**Caution and Warning:** Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. If you are taking one of the following medications, consult a health care practitioner prior to use: anticoagulant, anticonvulsant, blood pressure medications, immunosuppressive medications, sedative, hypnotic or psychotropic medications, or steroids. If you have one of the following conditions, consult a health care practitioner prior to use: asthma, cardiovascular disease, chronic kidney disease, depression, diabetes or hypoglycaemia, hormonal disorder, immune system disease, liver disease, migraine, or seizure disorders. If symptoms persist continuously for more than 4 weeks (chronic insomnia), consult your health care practitioner

**Contraindications:** If you are pregnant or breastfeeding, do not use this product.

**Known Adverse Reactions:** Mild gastrointestinal symptoms (nausea, vomiting, or cramping) have been known to occur in which case, discontinue use. Rare allergic reactions have been known to occur in which case, discontinue use.

**Presentation:** C33021 – Melatonin spray bottle of 50mL at 1mg/ spray.

C33022 – Melatonin spray bottle of 3mL at 1mg/spray

**Storage:** Keep out of the reach of children. Store at room temperature (15–25°C).

**ERFA**  
Canada 2012 Inc.  
Montréal QC H4P 2P5