

Induce Drowsiness and Improve Sleep Patterns

Melatonin is the most effective antioxidant yet studied because it easily penetrates cell membranes (especially in the brain) to provide protection against free radicals throughout all our cells. Melatonin crosses the blood-brain barrier very effectively. It appears to protect the central nervous system against injury, disease, and aging better than any other substance. Melatonin is used to induce drowsiness and improve sleep patterns. More and more doctors are recommending [melatonin](#) as a safe and effective insomnia therapy instead of dangerous FDA-approved drugs such as Halcion, Xanax, and Valium.

European doctors are prescribing Melatonin in doses of 10 to 50 mg a night to treat cancer because of strong evidence that melatonin can prevent many forms of cancer, especially breast cancer.

The Life Extension Foundation believes that melatonin is the single most effective anti-aging therapy in the world. It has been shown, in thousands of published studies, to protect against almost every disease associated with aging including cardiovascular disease, osteoporosis, age-associated immune impairment, and Alzheimer's and Parkinson's disease, as well as against aging itself. Melatonin has been shown to be completely safe in humans in doses of up to 1,000 mg daily. The most common side effect of taking too much melatonin is feeling drowsy when you wake up, which can be prevented by taking less melatonin the next night. The Life Extension Foundation uses only pharmaceutical-quality melatonin that has been assayed for purity, with results of up to 100% purity (minimum 99.9% purity). Favorable reports on melatonin have been featured in almost every news and magazine program in America, including cover stories in NEWSWEEK magazine and USA Today, and feature stories on ABC's 20/20.

Cognitive Enhancement and Depression

Melatonin, a naturally occurring hormone produced in the brain's pineal gland, also enhances cognitive function. It is one of the body's most potent natural antioxidants, making it ideal to prevent age-related dementias such as Alzheimer's disease that are thought to be caused, or at least exacerbated, by a lifetime of free-radical damage, especially since melatonin easily enters the brain from the bloodstream. Melatonin is also the primary regulator of brain cell synchronization, the body's internal clock, and is being researched as a possible treatment for various psychological conditions. Abnormally low levels of melatonin have been discovered in patients suffering from some kinds of depression.

Skin Cancer, Eczema, and Psoriasis

Melatonin is another antioxidant that protects against UV radiation. A group at the University of Zurich has shown that topical melatonin gives excellent protection against sunburn if applied before sun exposure. Melatonin also appears to have a role in repairing burned skin. In a study published in *Brain Research Bulletin*, melatonin levels rose 6 hours after burn injury, then fell to normal.

In small amounts, melatonin causes skin cells to proliferate. (In large amounts, it stops proliferation). People with [psoriasis](#) and atopic [eczema](#) do not have normal melatonin secretion. Instead of peaks, they have valleys. With psoriasis, melatonin peaks in the day when it shouldn't, and patients have little at night. It's surprising that a hormone connected to sleep has a lot to do with skin health, but maybe not to those researchers who consider it another endocrine gland.

A Word from Roman Rozencwaig, M.D.

Theoretically, you cannot only stop aging with melatonin, but actually reverse it. This has in fact been done in practice to a certain extent. Recent research has shown how, when pineals are taken from young animals and transplanted into old animals, and vice versa, the old animals became young and started to produce offspring, and the young animals became sick and died. Of course, it can't make you regress into childhood! But theoretically, it could take a person back to a point where their body is like that of a young adult, which is the optimal point of human existence in terms of mature health.

Cautions:

High doses of Melatonin are being used in Europe as a birth control pill (300 mg/day) along with

[progesterone](#). This contraceptive effect has been studied now for at least two years. It's been proven that melatonin contraceptives actually protect against breast cancer. If you are pregnant, or seeking to become pregnant, do not take Melatonin.

Melatonin boosts the production of immune system cells throughout the body. This is extremely important for people over age 40 who will suffer a progressive decline in immune function as they age. If you have an immune system cancer such as leukemia or lymphoma, however, you may not want to take Melatonin until more is known about Melatonin's effects on these types of cancer. Some doctors recommend that women with ovarian cancer not take Melatonin. It is not yet clear whether melatonin is beneficial or harmful for women with ovarian cancer.

Melatonin may relieve many forms of depression. If taking Melatonin makes you feel more depressed, stop taking it.

Do not take melatonin if you are under 85 pounds. Do not use if you are driving or operating heavy machinery.

Here are our protocols for Melatonin supplementation:

Minimum dose for almost everyone over age 40:

500 mcg each night

Suggested dose for almost everyone over age 50:

3 mg - 6 mg each night

Suggested doses for insomnia:

Take 3 to 10 mg of Melatonin (in capsule form) about an hour before bedtime. This enables most people to enjoy a deep, restful, therapeutic night of sleep . . .

and/or

Take 3 to 9 mg of time-release melatonin to keep you asleep all night long. If you can get to sleep, but find that you wake up during the night, time-release melatonin can help you to stay asleep all night long.