

# Superior Anti-Aging & Much More\*



## Melatonin Nano-Plex™

*The World's First, Natural-Source, Fully Potent Melatonin\**



### Live-Source Melatonin

Now you can get all the  
great benefits of melatonin  
from natural sources  
(animal-free)

*"Finally, a live-source melatonin that really works. I've tried synthetic melatonin sources but they didn't help. Melatonin Nano-Plex™ really delivered restful, deep sleep. This product really works great for me."*

*—Stephen Heuer, Natural Health Practitioner*

### What is Melatonin?

Melatonin is a natural hormone produced by the pineal gland located in the center of the brain. Its secretion is inhibited by light and stimulated by darkness. Therefore, melatonin production peaks at night. Research shows that the body's natural production of melatonin decreases with age. Melatonin has received substantial publicity for its ability to promote natural sleep patterns, stimulate the immune system, decrease jet lag and its role as a powerful antioxidant.

### What is a "nanized" preparation?

The word "nano" means very, very small. A "nanized" preparation contains premier quality herbs which have been "nanized" or pre-digested into very, very small particles which makes them extremely bioavailable.

Even those with poor digestion can rapidly absorb the "nanized" phytonutrients of the herbal complexes because they are so readily assimilable.

## Melatonin Nano-Plex™ Key Benefits

- Superior anti-aging and longevity support\*
- Notable strengthening effect on the immune system (especially T cells)\*
- Strong antioxidant action that protects cells from damage by free radicals
- Key molecule that helps control the body's circadian rhythms for healthy hormonal cycling\*
- Promotes sound, restful sleep\*
- Supports a rigorous cardiovascular system\*
- Promotes healthy blood pressure in the normal range and blood lipid balance\*
- Famous for minimizing jet lag and travel fatigue\*
- Promotes keen memory, alertness and healthy brain function\*
- Encourages healthy libido and sexual function\*

**Better Sleep.** The use of melatonin to promote restful sleep is well documented. Studies of low dose, oral melatonin in healthy adult volunteers showed that time to sleep onset, stage-2 sleep, and REM sleep was decreased without affecting the percentage of time in REM sleep or alertness after waking. In addition, evidence also indicates improved sleep benefits for children as well.

**Jet Lag and Travel Fatigue.** Research shows the benefit of melatonin in minimizing the desynchronization of the body's internal "time clock" due to air travel over time zones (jet lag). Typical symptoms of jet lag can include loss of appetite, irritability, gastrointestinal concerns, disorientation, difficulties concentrating, feeling mentally "off" and sleep disorders. Even world-class athletes, who sometimes travel over time zones to compete in athletic events such as the Olympics, have been studied to determine if melatonin can benefit them. Many top athletes take melatonin regularly to reduce the tiring symptoms associated with jet lag and travel.

Nanized preparations really demonstrate the power of the old saying: it's not what you take, but what you absorb that makes the difference.

Many people say they can feel the effect of taking a nanized preparation within minutes. This immediate effect is very important in anti-aging, where absorption of key nutrients is critical for direct strengthening of the immune system.

**A Powerful Antioxidant.** Melatonin is a highly effective free radical scavenger. Studies show that using melatonin during times of increased free radical production (such as stress, physical exertion, chronic health concerns, etc.) can have a strong protective effect. Melatonin is readily absorbed and crosses the blood-brain barrier and the placenta, to enter the cells to prevent oxidative damage. The reduction of melatonin levels with age may be a factor in increased oxidative damage in elderly people.

**Growth Hormone Support.** Numerous studies have analyzed the effect of melatonin on the production of growth hormones. Evidence is mounting that the nocturnal increase of melatonin may influence pituitary hormone secretion. This may contribute to changes in the level of growth hormones, oxytocin and vasopressin being released in a 24-hour period.

Melatonin appears to help regulate the release of growth hormone in men. It prevents phototherapy-induced hypocalcemia (low calcium levels) in newborn rats suggesting that melatonin may have a positive affect on bone metabolism in humans. Finally, there's a once-living melatonin source so it can be used long term without degrading cellular DNA which is *always* the case with synthetic-source melatonin or other synthetic-source supplements.

**Immune System Boost.** Recent observations have shown that melatonin helps modulate estrogen receptor expression and thus, have a positive effect in promoting healthy breast, prostate, lung and brain cell growth.

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**Melatonin Nano-Plex: Ingredients**

(.5 fl oz/bottle) 300 servings/bottle

Proprietary Blend: Patent-pending, Natural-source, Bio-Active Melatonin

**Nano-Flora Complex:** nanized enzymes, complex cell wall lysates and ferments from 12 strains of beneficial bacteria: Lactobacillus (including casei, acidophilus, salivarius, bulgaricus, sporogones and plantarum), Bifidobacterium including longum and bifidum, streptococcus thermophilus, providing naturally occurring vitamins (10 types), including B complex, minerals (8 types), amino acids (18 types), superoxide dismutase, lipoic acid, organic acids (includes acetic, formic acids), cell wall lipopolysaccharide-glycopeptide complexes; **Natural Preservative:** Certified organic grain neutral spirits 20% as a preservative.

**Other Ingredients:** Purified Water, Alcohol

**Recommended Use:** Adults or children (age 10 and up): Take 2 drops under tongue just before sleep. For special programs, take up to 5 drops before bed.

## Complementary Products

### Super Food Trio

The Essential Nutrition Basics (Three product kit): Q. Coral Complex, Q. Greens Mix, Q. EFA Oil Blend



- The comprehensive, "beyond organic" vitamin and mineral nutrient system, all from once-living, natural sources (*no synthetics*) which contain a "body of light"
- Recommended for daily use for every adult and child for ideal nutrition\*

- Contains ample amounts of *every nutrient* essential for life and optimal health; clinically tested and proven\*

### Quantum Multi-Pollen Extract

High Energy Super Food

*For Great Whole Body Health, Including Hormone Balance and Reproductive Health\**

- Contains 18 different extracts of pure, pesticide-free pollen from Europe (*not highly pesticided, weak and toxic American pollen*); mold-spores removed to be allergen-free
- Supports the entire range of human physiology, especially hormone balance, superior energy levels, healthy prostate and urinary tract function\*

### Premier Rejuvenation Cream

*World-Class, Living Nutrients For a Radiant Complexion*



- The *only* natural hormone cream on earth made with advanced, highly stable, plant mineral extracts
- These stabilized plant minerals completely eliminate the need for toxic preservatives (*no methyl paraben*)
- Contains three fabulous, natural, anti-aging hormones (pregnenolone, DHEA, progesterone) for superior hormone balance, 100% nontoxic and highly bio-active

### Quantum Adaptogen Complex

*Maximum-Performance, Adaptogenic Herbs*



- Includes the rare Indian Soma Latha, Siberian Rhaponticum, Himalayan Rhodiola Rosea, Rhodiola Crenulata, Chinese Fo Ti Tieng, European Opuntia and more
- Delivers a full spectrum of natural phytonutrients such as alpha-amyrin, lupeol and much more
- **Maximum Whole Body Performance:** Including increased energy, improved exercise endurance, enhanced oxygen and nutrient uptake, optimal neurotransmitter, memory and mental support and broad range endocrine and immune support\*

#### Why use organic alcohol?

Top grade, organic alcohol is nature's perfect preservative. Its indigenuous vasodilative properties function as a perfect transporter of our super-nanized phytonutrients into the blood to deliver almost immediate uptake, unparalleled by ordinary supplements.

For centuries, Oriental Medicine has known that nutrients preserved in alcohol directly target the liver, getting a faster, deeper response than when no alcohol is used. Preparations preserved with alcohol have been used effectively for centuries. In contrast, tinctures made with a glycerine base cannot deliver the same effect as preparations with an alcohol media. In addition, over time, nutrients degrade in the glycerine, slowly losing their potency.

Only the Best. We use only organic alcohol, free of pesticides and chemotoxins. (Avoid tinctures with conventional alcohol because typically it is contaminated with chemotoxins.)

Want to avoid alcohol? In a typical dose (1/2 teaspoon) of a "nano" liquid, you receive about 1/90 of an ounce of alcohol. For those who want to avoid alcohol but still get the full benefits of the preparation, simply place a dose of the preparation (usually 1/2 teaspoon) in a cup and add 1/2 cup of very hot water. Wait for 5 or 10 minutes for the alcohol to gas off. (Alcohol boils at 172° F. [or 78.5° C.] and will gas off at temperatures below boiling.)

## Nanized Melatonin

*The Phenomenal Antioxidant For Anti-Aging, Sleep and Rejuvenation*



**A Good Night's Sleep**

### Melatonin's Awesome Benefits

- Helps prevent the effects of aging (from chronic fatigue to memory loss)
- Helps strengthen the immune system
- Helps eliminate jet lag
- Helps enhance sexual potency and libido
- Helps regulate sleep cycles, including difficulty getting to sleep, insomnia, frequent waking up, lack of deep restful sleep, waking up tired
- Helps reduce the risk of high blood pressure, heart disease and cancer

### Master BioRegulator

Melatonin is being hailed as the miracle hormone. Over 4,000 research papers (with hundreds of new ones each month) have been published showing the remarkable benefits of melatonin — often noticeable to the user within days of using it.

Melatonin appears to be a basic, global master bioregulator, intercoordinating all the body's many complex systems. Studies show melatonin to be a master antioxidant, a powerful immunoprotector, sleep regulator, cancer inhibitor, jet lag preventor, and sexual rejuvenator — available all in one little pill, with no side effects (if a reliable, nontoxic source is used)!

### What is Melatonin?

Melatonin is a hormone produced by the pineal gland, a master gland located in the center of your brain. It is secreted mostly at night during darkened hours, peaking around 2 to 3 a.m. Melatonin is present in virtually every cell of the body, promoting immune system integrity and normal circadian rhythms. Melatonin peaks in one's earlier years, declines drastically by middle age (age 35 to 45) and is negligible in older people (over age 60).

### The Pacemaker of Aging

Disease and melatonin have a direct relationship: the lower the melatonin levels, the more the possibility of disease.

Some researchers believe that the progressive depletion of melatonin is the primary cause of aging and chronic diseases such as stroke, heart disease, cancer and Alzheimer's Disease. In fact, these researchers find that aging is a pathological process originating from the gradual failure of the pineal gland to produce melatonin. They

believe the pineal gland is the primary clock and pacemaker of aging, synchronized with the light-dark cycle.

The pineal produces many neurohormones in tiny concentrations, primarily serotonin and melatonin. Melatonin is typically deficient in those suffering from chronic diseases or those exposed to harmful EMFs (electromagnetic fields) on a regular basis,

such as those emitted from TVs, computers, cars, pagers, phones, etc.

### Get the *Best* Melatonin

- Pure, "nanized" melatonin: *the world's first, 100% natural-source, solvent-free melatonin (no toxic animal glandulars) produced by beneficial probiotic organisms*
- Exceptional bioavailability
- Not impure or solvent-extracted melatonin  
*No tablets with hidden binders and glues (such as toxic magnesium stearate)*

### Melatonin: The World's Most Powerful Antioxidant

This extraordinary hormone is nature's most potent antioxidant, offering unsurpassed protection against hydroxyl free radicals (which can cause cellular damage). This is persuasive evidence that melatonin may protect us against a wide variety of diseases. Research has shown melatonin to be 5.9 times more effective than glutathione and 11.3 times more effective than mannitol in fighting free

radicals.

Another study showed melatonin to be twice as good a scavenger of the peroxy radical than vitamin E. In another study, saffrole, a carcinogen which causes nucleic damage in DNA, was given either alone or with melatonin to two groups of animals. The melatonin-treated group experienced 99% less DNA damage than the non-melatonin-treated group!

### Cancer and Melatonin

Studies show that melatonin is oncostatic, preventing the proliferation of cancer cells. In American university studies, melatonin inhibited the growth of breast cancer cells by 75%. An Italian study showed that melatonin significantly improved survival time of patients with brain metastases when compared with those treated conventionally (steroids, anticonvulsants).

Data has shown that melatonin inhibits the growth of prostate cancer cells by up to 50%. Another study showed that melatonin increased the ability of monocytes to destroy skin cancer cells by 73%. Melatonin can increase the body's production of colony stimulating factor, promote the growth of bone marrow cells, help activate T-helper cells and improve many other immune protective factors. In one study, melatonin increased NK (Natural Killer) cells by 240%! Many researchers correlate the number and activity of NK cells with a person's ability to survive and overcome cancer.

Other studies show that melatonin can inhibit harmful substances. A 1995 experiment showed that melatonin caused a fivefold reduction in the production of leukotrienes, powerful substances which increase inflammation and pain. Melatonin can also inhibit nuclear factor kappa-B (NF-kB) by 43%, which is an essential link in the cloning of the HIV virus. This suggests that melatonin can slow the replication of the AIDS virus.

### A Wealth Of Help: Melatonin's Promise

Because increased incidence of disease is associated with declining levels of melatonin, melatonin has been shown to help many chronic diseases: PMS, menopause, jet lag, sleep disorders, abnormal temperature cycles, depression, mania, multiple sclerosis, cardiovascular disease, stress, cancer, sexual imbalances, osteoporosis and immune disorders.

### Is All Melatonin the Same?

Did you ever read about a wonderful nutrient, then get some from a health food store, but after taking it for a few weeks, you couldn't notice any difference? This little drama will be repeated over and over again in the coming years, since research has shown that 80% of health food store supplements do NOT meet label claims. This means that what the label says is not what is in the product (*either shorted or missing*).

Melatonin products are no different.

### U.S.-Made Melatonin Is "Junk" Says Chemist

The researchers who demonstrated the many incredible benefits of melatonin were supplied with high-grade, nontoxic melatonin (with no harmful solvents) made from a state-of-the-art laboratory in Europe. Unfortunately, U.S.-made melatonin is "junk" according to the head European chemist of the laboratory. After testing many companies, he stated that U.S.-made melatonin shows characteristic peaks on HPLC graphs which reflect the impurities from toxic solvents and chemicals which were used in making the melatonin (solvents are cheap and easy to use).

### Solvent-Tainted, "Junk" Melatonin

For those using impure, solvent-tainted melatonin, not only is it doubtful that they will receive the benefits of melatonin, but it may be harmful. If a melatonin product contains solvents, then it can elicit negative reactions, such as nausea, anxiety, feeling shaky, insomnia, liver toxicity, kidney damage, etc. We know many people who used U.S.-made melatonin, but stopped after experiencing peculiar side effects.

We know of only one European source that manufactures pure, solvent-free melatonin. It's much more expensive, but it really works. Other European sources we researched were also contaminated with solvent residues.

### The New "Nanized" Melatonin

The very best source of melatonin is made using special probiotic fermentation to yield **the world's first "natural-source" melatonin**. It is called "nanized" melatonin. "Nano" means very, very small. "Nanized" melatonin is made via a proprietary process whereby the ingredients are "nanized" or pre-digested by natural probiotic bacteria into very, very small particles which makes it extremely bioavailable.

Use only natural-source, solvent-free melatonin — the one that was used in the research studies which delivered superior results. Don't take chances with your health; avoid solvent-based melatonin. These residues are cumulative in the body and associated with increased risk of cancer and other degenerative diseases.

### Recommended Use of Nanized Melatonin

Adults or children (age 10 and up): Take 2 drops (1 drop = 2 mg.) under tongue right before bed. For special programs, up to 5 drops (10mg.) can be taken each night. (Do not take melatonin during the daytime since it can make you feel drowsy.) You may want to gradually increase the amount to 10 mg. per night.

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