

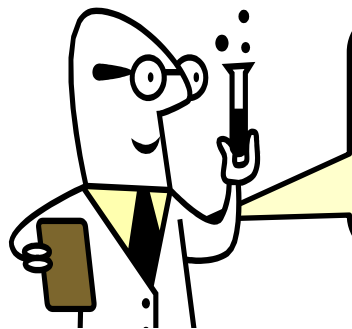


Dr. Techy says,
"Melatonin is
unappreciated in
pain management".



MELATONIN in a dose of 5 to 20 mg at bedtime may help correct the circadian rhythm disturbance. It can be taken with prescription, bedtime sedatives. Start at 5 mg a night and work up.

CAUTION:
Melatonin may not produce more sleep.



Dr. Hormone says,
"Use melatonin to
enhance your
integrative pain
control regimen."

MELATONIN

CAN BE USEFUL IN SOME PAIN PATIENTS

Did you ever notice how many chronic pain patients stay up past midnight and sleep in until mid-morning the next day? They have a circadian rhythm or sleep-wake disorder brought on by chronic pain and/or the medications used to control it.

TABLE

MELATONIN-MORE THAN A SLEEP AID

- Analgesic agent*
- Decreases pro-inflammatory cytokines
- Aids reprofusion of ischemic tissue
- Increases immune function
- Free radical scavenger
- Protects DNA and mitochondria from injury

**Williamson, et al. Analgesic effects of melatonin: a review of current evidence from experimental and clinical studies. J Pineal Res 2011;(Apr 18).*



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