

Melafast



Melafast

Sublingual tablets of melatonin for Rapid action and enhanced Bioavailability.

FAST DISSOLVE

DRUG-FREE

HIGH BIOAVAILABILITY

NON-HABIT FORMING

EASY TO USE



Marketing Authorisation holder :

PHARMILANO S.R.L Via Carlo Poma no. 32. Milano, italy

www.pharmilano.it

Made in Italy

30 sublingual tablets

Melafast



The content	Per 1 sublingual tablet
Melatonin	5 mg

Adults: we recommend taking 1 sublingual tablet, at bedtime or before it, under the tongue until fully dissolved before swallowing.

Ingredients:

Melatonin, Disintegrant: Croscarmellose sodium; Anti-caking agent: Silicon dioxide; Emulsifying agent: glyceryl dibehenate; bulking agent, Binder: Microcrystalline cellulose; Sweetener: Mannitol; Acidifying; Citric Acid.

References:

<https://clinicaltrials.gov/ct2/show/NCT03951025>
<https://www.mayoclinic.org/drugs-supplements-melatonin/art-20363071>
<https://www.webmd.com/drugs/2/drug-21167/melatonin-sublingual/details#:~:text=This%20product%20may%20help%20you,hormone%20production%2C%20and%20sleep%20patterns.>

Melatonin is a hormone in your body that plays a role in sleep. The secretion of Melatonin occurs during the night, as a response to darkness, and it peaks in the middle of the night, and then gradually falls during the second half of the night. The synthesis and release of Melatonin is inhibited by light. The secretion of Melatonin peaks in puberty, as research shows an age-related decline in melatonin production and decreased levels of this important neurohormone in many older adults experiencing insomnia.

Taken in pill form, melatonin can re-set the 'body clock' and help you sleep and wake at the right times. This can help during traveling and jet lag; shift work; or if you are vision-impaired. It can help fall asleep more quickly and stay asleep for longer.

Sublingual administration of melatonin tablets dissolves quickly under the tongue for direct absorption and fast-acting results, it allows for direct absorption into the bloodstream through the mucous membrane under the tongue. This bypasses the gastrointestinal tract and liver metabolism, resulting in a higher bioavailability of melatonin compared to oral tablets. The onset of action is also faster with sublingual administration, as the melatonin is absorbed more quickly into the bloodstream.

Several studies have compared the bioavailability of sublingual melatonin to that of oral tablets. A 2017 study published in the European Journal of Drug Metabolism and Pharmacokinetics compared the pharmacokinetic parameters of sublingual melatonin and oral tablets in healthy volunteers. The study found that sublingual melatonin had a significantly higher bioavailability than oral tablets, with a peak plasma concentration that was 2.5 times higher than that of oral tablets.

GLUTEN FREE

Made in Italy

30 sublingual tablets