



Advanced Nanosphere Technology™

# Melatonin Liposome Spray

Concentrated Liposome Tincture  
60 mL/2 oz. NPN 80025651



## Matrix Nutritional

## Support for Balancing Circadian Rhythms

**Matrix Nutritionals Series** was designed as an eclectic offering for the Physica Energetics line of remedies primarily to assist in the “reactivation of the mesenchyme” (Dr. Reinhold Voll), via the nutritional complement pathways. These pathways are present in every system throughout the body and require balanced attention. In keeping with the principles of BioEnergetic Medicine, the remedies nourish and support these systems without punishing them with overstimulation or imbalancing factors, which, ultimately, is counterproductive. This approach has been carefully and respectfully designed to provide the necessary natural (organic where available), synergistic factors in proper energetic and biochemical ratios, to ensure assistance towards yielding a deep and lasting result. They are not to be confused with replacement therapy nutraceuticals that may seem to help for the moment, until the patient stops taking them or the condition is driven deeper. These remedies honour The Legacy of BioEnergetic Medicine, and are known by both patient and practitioner to be exceptionally effective.

**Melatonin is produced by the pineal gland during sleep** and wanes in the morning, as bright light decreases its production. Its main role in the brain is to regulate sleep/wake cycles and circadian rhythms.

**Melatonin levels are highest in children and decrease sharply around 45 years of age.** This hormone affects the hypothalamus, pituitary and thyroid gland, thus affecting the release of growth hormones, stress hormones and sex hormones, as well as playing a role in the regulation of blood sugar and calcium levels. Anti-aging specialists believe that melatonin is essential for slowing the aging process.

**A stable free radical scavenger,** melatonin is one of the most active and effective antioxidants in the body. It is capable of penetrating every cell in the body, thus protecting DNA from free radical damage.

**Melatonin stimulates the thymus gland,** increasing the levels of circulating T lymphocytes. Research has found that supplemental melatonin can stop or retard the growth of breast, prostate, endometrial and colon cancers and may be useful in the prevention and treatment of AIDS, Alzheimer's disease, Parkinson's disease, Down's Syndrome, asthma and cataracts.

**Insomnia, frequent waking, or inability to get back to sleep are all signs of melatonin deficiency.** Melatonin's role in the regulation of sleep/wake cycles allow it to be used to induce sleep naturally without suppressing REM sleep, or incurring the side effects commonly associated with sedatives or sleep aids.

**Long distance travel can disrupt natural circadian rhythms,** leading to symptoms commonly associated with jet lag: headaches, dizziness, insomnia, fatigue, etc. Disruption of

natural circadian rhythms can also cause blood sugar imbalances, changes in blood pressure, mood disturbances and hormonal imbalance. Taking supplemental melatonin in the evening of the new time zone, can help reset the body's natural clock and acclimatize the body to the new time zone. This can also be valuable for those performing shift work.

**Physica Energetics' Melatonin Liposome Spray is far superior to other capsule or liquid formulas.** The liposome delivery system ensures immediate assimilation into the blood supply, bypassing the acidic environment of the stomach. Vitamin B6 supports the production of serotonin, the precursor to melatonin. A cobalt blue bottle protects the remedy from light.

**Liposomes are closed, spherical lipid vesicles,** composed of a phospholipid bilayer membrane with an aqueous core. The presence of both hydrophobic and hydrophilic components enables them to carry both fat-soluble and water-soluble materials.

**Orally administered liposome preparations are absorbed directly into the bloodstream** via the sublingual mucosa, or Peyer's Patches in the small intestine.



Once inside the body, they are able to fuse with the plasma membrane, delivering their contents directly to the inside of the cell. Liposome delivery systems are fast, effective and easily assimilated into the body.

**Melatonin Liposome Spray is recommended to assist in regulating normal sleep/wake cycles which may be disrupted during long distance travel, shift work, prolonged stress, or hormonal imbalance. Best taken at 4pm and then just before bed. (Melatonin peaks at approximately 3 a.m.)**

### Ingredients (per 0.8 mL)

Melatonin 1.5 mg  
Vitamin B6 (Pyridoxine HCl) 1.5 mg



Patient Reference