

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, sporogonus 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, lipolic 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 pesticed, 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% non-toxic 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 Tieg, 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 indigenous 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.)