

Melatonin

INCI Name: Melatonin

CAS Numbers: 73-31-4

Description:

Melatonin is a hormone made by the pineal gland, a small gland in the brain. It helps control your sleep and wake cycles. Very small amounts of it are found in foods such as meats, grains, fruits, and vegetables. Besides its function as synchronizer of the biological clock, melatonin is a powerful free-radical scavenger and wide-spectrum antioxidant. Research has supported the anti-aging properties of melatonin. Consuming melatonin may neutralize oxidative damage and delay the neurodegenerative process of aging.



Technical Data:

<u>PHYSICAL PROPERTIES</u>	<u>SPECIFICATION</u>	<u>METHOD</u>
Appearance	White to off-white powder	Visual
Identification	Conforms to standard	IR
Melting range	117°C ~ 120°C	USP
Loss on Drying	NMT 0.5 %	USP
Particle size	NLT 100% through a US #80	Rotap (3 min.)

<u>ANALYTICAL</u>	<u>SPECIFICATION</u>	<u>METHOD</u>
Assay	NLT 99.0%	HPLC
Residue on Ignition	NMT 0.2%	USP
Lead	NMT 2 ppm	USP
Arsenic	NMT 2 ppm	USP
Cadmium	NMT 0.3 ppm	USP
Mercury	NMT 1 ppm	USP

<u>MICROBIOLOGICAL</u>	<u>SPECIFICATION</u>	<u>METHOD</u>
Total Plate Count	NMT 1000 cfu/g	USP
Yeast & Mold	NMT 100 cfu/g	USP
E. coli	Negative	USP
Salmonella	Negative	USP

Applications:

Melatonin is taken as a dietary supplement. It is often used to help circadian rhythms in the elderly and with shift workers who want to adjust their sleeping time. When taken in low doses at the appropriate time, melatonin can help advance or delay the sleep-wake cycle. The effect can last for six hours.



McKinley Resources, Inc.

P.O. Box 810472 • Dallas, TX 75381

Phone: 972-620-9730 • Fax: 972-421-1860

info@mckinleyresources.com • www.mckinleyresources.com