Creative Enzymes®

Melatonin

Cat. No. EXTZ-533

Lot. No. (See product label)

Introduction

Description	Melatonin is a hormone naturally secreted by the pineal gland, playing a crucial role in regulating the body's circadian rhythms and sleep-wake cycle. Its secretion increases at night and decreases during the day, earning it the labels "night hormone" or "sleep hormone." By coordinating with pineal gland activity, melatonin helps individuals fall asleep quickly, improve sleep quality, and regulate their biological clock. Beyond its role in sleep, melatonin possesses antioxidant properties, immune regulatory functions, and mood regulation benefits. Currently, melatonin is widely used to treat insomnia and other sleep disorders, as well as sleep issues caused by jet lag.
Synonyms	N-Acetyl-5-Methoxytrptamine

Product Information

Form	powder
CAS No.	73-31-4
Molecular Formula	C13H16N2O2
Molecular Weight	232.28
Purity	99%