



Naka Products

Melatonin: Available in 90 Caps

Product benefits by category:

- GOLD** Mood.
- SILVER** Anti-aging, Antioxidant, Athletic Performance, Immune System, Osteoporosis, Weight Management.
- BRONZE** General Prevention.

Melatonin helps shift workers and travelers find relief from insomnia and resets their internal time clock helping to speed recovery from time shifts and jet lag. It also stimulates the immune system, alleviates depression, helps to offset osteoporosis, PMS and can be used as a form of birth control. Studies have shown melatonin's antioxidant effects and its possible use in treating cancer (especially breast cancer), heart disease and high cholesterol.

Texas Health Science Center in San Antonio showed that Melatonin is more effective in quenching one of the deadliest of all free radicals, the hydroxyl radical. Other studies since, show that melatonin is also a more potent quencher of the proxyl radical than Vitamin C, Vitamin E or glutathione. People looking for weight loss will be happy to hear that Melatonin stimulates the body's production of brown adipose tissue (Bat) that converts calories into heat, thereby increasing metabolism. Athletic performance and training can cause excessive free radicals. Melatonin can not only quench these radicals but also offset the adrenal response intense workouts can generate. Melatonin may be utilized as an effective anti-catabolic, which would help defend hard earned muscle from potential breakdown.

Recommended purpose or use:

- Helps to increase total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag.
- Helps relieve the daytime fatigue associated by jet lag.
- Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase syndrome.
- Helps re-set the body's sleep-wake cycle (aspect of the circadian rhythm).

Recommended Dose: (Adults) Take 1-2 capsules once daily 20 minutes prior to bedtime only.

Duration of use: For use beyond 4 weeks, consult a health care practitioner.

Medical Ingredients: Each capsule contains:

Melatonin3 mg

Non-medical Ingredients: Rice flour, magnesium stearate, gelatin capsule (BSE free, bovine sourced, Halal certified). Contains no fish or shellfish, dairy, corn, nuts, soy, wheat or yeast.

Warnings:

- Consult a health care practitioner prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraine, depression and/or hypertension or if you are taking blood pressure or sedative/hypnotic medications.
- If symptoms persist continuously for more than 4 weeks or if pain or other factors appear to be the cause of sleeplessness, consult your health care practitioner.

Contraindications: Do not use if you are taking immunosuppressive drugs. Do not drive or use machinery for 5 hours after taking melatonin. Do not use if you are pregnant or breastfeeding.



Melatonin is great for jet-lag!



Co-Q10: Available in 60 Caps - 60 mg, 120 Caps - 60 mg & 60 Caps - 120 mg

Product benefits by category:

- GOLD** Anti-aging, Antioxidant, General Prevention, **Heart Health**, Immune System.
- SILVER** Athletic Performance, Fatigue & Low Energy, Weight Management.



Fight the aging process with HIGH PURITY Co-Q10 from Naka!

Many studies reveal that Coenzyme Co-Q10 plays a crucial role in the effectiveness of the immune system and the aging process. Naka's Co-Q10 is of the highest purity and is an excellent supplement for restoring the body's supply of Co-Q10 that depletes as we age. Known to be beneficial for fighting heart disease, it is also recommended by physicians both prior and post surgery. Co-Q10 is also an essential nutrient in the production of energy within each body cell and one of the few substances known today that re-grows gum tissue.

Recommended purpose or use:

Helps to maintain and/or support cardiovascular health. An antioxidant for the maintenance of good health.

Recommended dose: (Adults) Take one (1) capsule once daily.

Medicinal ingredients: Each capsule contains:

Coenzyme Q10120 mg

Non-medical ingredients: Rice starch, magnesium stearate. Contains no artificial preservatives, colours, dairy, sweeteners, wheat, yeast, gluten, corn, nuts, eggs, soy, fish or shellfish.

Cautions and warnings:

- Consult a health care practitioner prior to use if you are pregnant or breastfeeding.
- Consult a health care practitioner prior to use if you are taking blood thinners.