

Signs & Symptoms of Melatonin

Melatonin Deficiency:

1. Poor sleep
2. Jet lag
3. Anxious
4. Poor antioxidant protection in the brain
5. Low T3 leading to poor thyroid function

Melatonin Excess:

1. Drowsiness upon arising
2. Wild dreams
3. Decreased estrogen & Progesterone levels
4. Excess of Thyroid, (T3), resulting in waking up nervous, sweating & with palpitations.