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Melatonin Spray

Data Sheet

www.artgerecht.com





Sleep aid with 1 mg of Melatonin

Helps you fall asleep in 5 minutes

Falling asleep faster with the natural sleep hormone Melatonin.

Melatonin plays a crucial role in the sleep-wake cycle and helps to reduce the time it takes to fall asleep².

- High-dose Melatonin (1 mg)
- Easy to dose
- Rapid effectiveness
- Reduces Jetlag¹
- No alcohol or added sugar

What is Melatonin Spray?

Melatonin serves as a timekeeper; it is a crucial hormone in the human sleep-wake cycle and is primarily produced in the pineal gland. It plays a significant role in regulating the biological processes that prepare the body for sleep. Melatonin production begins in the evening as light levels decrease and peaks during the night. This release signals the body to prepare for rest. While the stress hormone cortisol keeps us awake during the day, melatonin shortens the time it takes to fall asleep, improves sleep quality, and increases sleep duration.[1]

Our MELATONIN SPRAY utilizes an innovative TINYsphere® technology, which offers superior bioavailability and greatly enhances the absorption of melatonin in the body. Thanks to this technology, the melatonin is encapsulated in tiny droplets that are absorbed directly through the mucous membranes in the mouth into the bloodstream, bypassing digestion in the gut and liver. This leads to twice the absorption compared to conventional melatonin and provides three times faster effects.

Why Melatonin Spray from artgerecht?

- High dose: only 2 sprays needed (1 mg)
- 3x faster effect than conventional melatonin (works within 5 minutes)
- Effect proven in clinical studies.[2]

- Alcohol-free
- No added sugar
- Refreshing mint flavor
- Natural ingredients
- Vegan, gluten-free, lactose-free, and GMO-free

Scientific background to Melatonin Spray?

Melatonin is a crucial hormone in the human sleep-wake cycle and is primarily produced in the pineal gland. It plays a significant role in regulating the biological processes that prepare the body for sleep. Melatonin production begins in the evening as light levels decrease and peaks during the night. This release signals the body to prepare for rest by facilitating sleep onset and improving sleep quality. Melatonin acts as an important regulator of the circadian rhythm, adjusting the internal clock to the natural day-night cycle.

On the other side is cortisol, a hormone produced in the adrenal cortex that plays a central role in activating the body. Cortisol reaches its highest levels in the morning and helps prepare the body for the day by stimulating metabolism, raising blood sugar levels, and increasing general alertness. Cortisol is not only a stress hormone but also an essential component of the circadian rhythm, promoting wakefulness.

The dynamic balance between melatonin and cortisol ensures a smooth transition between sleep and wakefulness. While melatonin signals the body to relax and initiate sleep, cortisol helps the body wake up and become active in the morning. This balance is essential for maintaining a healthy sleep-wake rhythm and plays a key role in overall well-being. Disruptions in this interplay, such as irregular sleep patterns, shift work, or excessive screen time, can throw the circadian rhythm out of balance and lead to long-term health issues.

Frequently Asked Questions

How should I take Melatonin?

Melatonin is generally taken 30 to 60 minutes before bedtime. The dosage can vary depending on individual needs, typically ranging between 0.5 mg and 5 mg. It is recommended to start with a lower dose and adjust as needed.

Is Melatonin safe, and are there any side effects?

Melatonin is generally considered safe when used short-term and in recommended doses. The most common side effects include drowsiness the next day, headaches, and dizziness. In rare cases, stomach discomfort may occur. Long-term effects are not yet well-researched.

Can I use Melatonin regularly?

Melatonin can be used temporarily to treat sleep disturbances, but it should not be taken over long periods without consulting a doctor. Chronic sleep issues may have an underlying cause that requires medical investigation.

Who should not take Melatonin?

Melatonin should not be taken by pregnant or breastfeeding women or by individuals with autoimmune diseases, depression, or certain hormonal disorders. It is advisable to consult a doctor before taking Melatonin, especially if you regularly take medications.

Can Melatonin interact with other medications?

Yes, Melatonin can interact with certain medications, such as blood thinners,

immunosuppressants, antidepressants, and blood pressure medications. If you regularly take medications, you should consult a doctor before taking Melatonin to avoid potential interactions.

Does Melatonin help with Jetlag and shift work sleep problems?

Yes, Melatonin can be helpful in regulating the sleep-wake cycle for jetlag or shift work. It is often used to ease adjustment to new time zones and reduce sleep disturbances caused by changing work hours. It is recommended to take Melatonin in alignment with sleep times in the new time zone or during rest periods.

Which micronutrients / supplements can also support better sleep?

Several micronutrients and supplements can support sleep quality, in addition to Melatonin. Magnesium plays a key role in relaxing muscles and nerves, and a deficiency can often lead to sleep problems. Vitamin D is also crucial, as a low level is linked to sleep disturbances. Zinc can have a calming effect on the nervous system, improving sleep quality. B vitamins, especially B6 and B12, support Melatonin production and promote the natural sleep-wake rhythm. Additionally, Tryptophan, an essential amino acid, contributes to the production of serotonin and Melatonin, positively affecting sleep. L-Theanine, an amino acid, helps with relaxation and can ease falling asleep.

Ingredients

Water, humectant (glycerin), emulsifier (soy lecithin), sunflower oil, natural flavor (peppermint oil), natural flavor (orange peel oil), melatonin, antioxidant (alpha-tocopherol)

Content Value

Melatonin 1 mg

Recommended intake

Spray 2 doses and let them sit under the tongue for about 1 minute. Shake well before use.

Additional information

- SKU/MPN: 15602
- Content: 10 ml
- Net filling quantity: 10 ml
- EAN/GTIN: 4260656120651
- PZN (DE): 19513104
- PZN (AT): 5925180
- Customs tariff number: 29379000
- Origin: DE
- Version: 17.12.2025



1) Amnon Brzezinski, Mark G. Vangel, Richard J. Wurtman, Gillian Norrie, Irina Zhdanova, Abraham Ben-Shushan, Ian Ford. Effects of exogenous melatonin on sleep: a meta-analysis.

Sleep Medicine Reviews Volume 9, Issue 1, February 2005, Pages 41-502) Pyo, Sung Min and Jacobi, Daniel and Jaensch, Nina and Lo Piparo, Marko and Hertenstein, Helen, A Novel Sublingually Applied Melatonin Nanoemulsion Ensures Rapid Onset of Action. Available at SSRN: <https://ssrn.com/abstract=4421097> or <http://dx.doi.org/10.2139/ssrn.4421097>) Melatonin helps relieve the subjective feeling of jetlag2) Melatonin helps shorten the time it takes to fall asleep