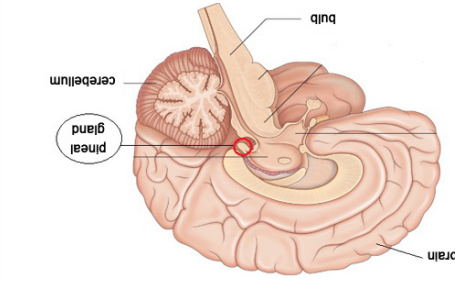


Mel2- works with dopamine released from retina

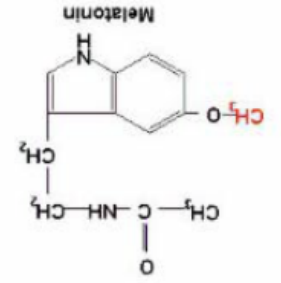
Mel1- expressed in other peripheral brain, retina and tissues

Melatonin works with two receptors:

- It has a few main functions
- Controls sleep patterns
 - Modulation of mood
 - Sexual behaviors
 - Reproductive Altercations



FOUND IN THE PINEAL GLAND, MELATONIN WORKS AS AN INHIBITOR



Melatonin belongs to the monamine group – more specifically it is an indolamine

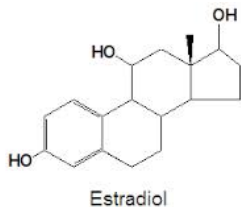
There are reportedly **107** drugs that interact with melatonin

To name just a few:

- Ambien
- Benadryl
- Zyrtec
- Lyrica

Fun fact!

“Melatonin reduces estradiol levels in blood and inhibits aromatase expression in human breast cancer cells which suggest that melatonin could be of value in prevention and treatment of breast cancer”



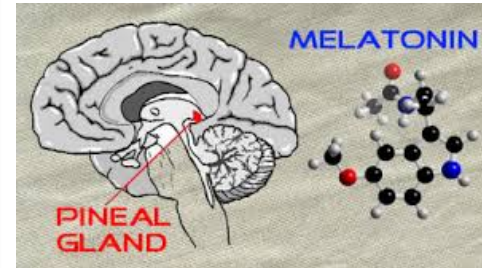
Sources

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Miraculous Melatonin



An Original 'Zine by Hannah Rubin