

DR. WILLIAMS' MELATONIN PROTOCOL FOR JET LAG

Melatonin is helpful in relieving many of the symptoms of jet lag associated with a long flight across multiple time zones. It helps you rest during the flight and facilitates normal sleep when you arrive at your destination, and it is safe and non-addictive. For this protocol, you'll need the following supplements:

- **Melatonin 3 mg**
- **Zinc (picolinate) 15 mg**

ADULTS: Take one 3 mg capsule of melatonin nightly for 5 days before your flight. During the flight, and four or more hours before arrival, take 9 mg of melatonin. Upon arrival and before bed, take 9 mg the first night, 6 mg the second night, and 3 mg the third and each night of your stay. Always take melatonin just before retiring to bed. When returning, repeat the same procedure.

CHILDREN: When young, we manufacture much more melatonin than an adult. That's one reason kids sleep so much. That also means that they don't need to take as much melatonin as adults to help their biological clock return to normal after an international flight. Give 3 mg while on the plane and for the first two nights upon arrival. After that, they should be adjusted well enough to go without taking supplemental melatonin. Repeat the same for the return flight.

NOTE: melatonin works synergistically with zinc. For best effects take 15 mg of zinc picolinate with each dose of melatonin.

DISCLAIMER: These recommendations are for educational use only and are not intended to provide a complete or individualized plan for patients or replace medical care or advice. Consult your doctor if you have any questions.