

This page is from pages 238-239 in *The Melatonin Miracle*, (with added Notes)

Although it is unnecessary for younger adults to begin an age-reversing program with melatonin, and we do not recommend it below the ages we specify, **it is fine for adults of any age to use melatonin to cure other problems.**

Note: For Jet Lag or sleep disorders, take from 1 mg to 5 mg at bedtime, never exceeding 5 mg. Each person is different, so start at 1 mg, (at 3 mg for Jet Lag). If sleep does not come within 30 minutes, take 1 mg more every 15 minutes, (never more than 5 mg per night), until sleep occurs. Continue taking this final amount at bedtime for two weeks, (4 days for Jet Lag), to establish this sleep cycle.

We don't believe that by starting replacement therapy earlier than we recommend that you can get a head start on reversing the aging process. Nor should those of you who are in your fifties or older think that if you haven't already started taking melatonin by the time you were forty-five that you have missed the boat. On the contrary, **by restoring melatonin levels to their youthful peaks you can produce age-reversing benefits no matter when you begin.**

How Much Melatonin Do You Need, (FOR AGE-REVERSAL)

To maintain your melatonin levels at their youthful peaks, we recommend the following dosages at the following ages. These dosages are based on normative levels of melatonin in adults as they age and the amount of supplement required to restore levels to their youthful peaks.

Age - Dose of Melatonin

40-44 - Take 0.5 to 1 mg at bedtime

45-54 - Take 1 to 2 mg at bedtime

55-64 - Take 2 to 2.5 mg at bedtime

65-74 - Take 2.5 to 5 mg at bedtime

75 plus-Take 3.5 to 5 mg at bedtime

You will notice that we consistently recommend that melatonin be taken at bedtime and that the dosage increases with age. For most people, melatonin induces drowsiness and it is best to take it just before sleeping. **If you find that the recommended dosage leaves you groggy in the morning, that means the dosage is too high for you and we recommend that you reduce it by approximately 0.5 mg at a time until you find the right level for you.**

When you go to your health-food store or pharmacy, you will find that melatonin comes in capsules and tablets, typically in strengths of 2, 2.5, and 3 mg. If the right dosage for you is lower, simply do the following:

For tablets: Break a tablet to the size that you need. For example, if you have a 2 mg tablet and you want a 1 mg dose, break the tablet in half. If you want to take a 0.5 mg dose, break the tablet into quarters.

Note: I have taken one and a half mg of sublingual, (i.e. dissolved under the tongue), Melatonin at bedtime for three years, with tremendous benefit. Taking Melatonin for age regression seems to be a well kept secret, perhaps because the giant drug companies suppress this news to sell their sleeping pills.

I have stopped taking the 6 mg daily amount of DHEA that I tried, because DHEA seems to be very difficult to self-dose, and can cause tricky side-effects.

Coenzyme Q-10 gave me miraculous results, taking 30 mg once or twice a day, at the age of 50. But you must use only the softgels, containing oil. Do not use the white powder capsules of Co-Q-10, because none of it is absorbed by the body in that form.