Sleep Aid Pills May Cure Migraine Headaches, Suggests New Melatonin Supplement Study

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?Its modern biochemistry,? explained Utalife spokesperson Jen Henze. ?Melatonin is a hormone produced by the pineal gland that naturally regulates circadian rhythms, and a lot of people use it as a sleep aid. But these new findings on pain relief are really cutting edge.? According to a new clinical study by Mario F. Peres, melatonin supplementation (the main ingredient in sleep aid pills) may be able to decrease the severity and reduce the annoyance of migraine headaches.

?Melatonin has actually been linked to headache reducing properties in the past,? continued Henze. ?But no one made the connection until now.? Melatonin has anti-inflammatory properties, its toxic free, it promotes anti-oxidation of free radicals, it inhibits nitric oxide synthase, and it?s critically responsible in the regulation of many ? Feel Good ? hormones. According to Peres, the breakthrough was discovered in his statistically significant clinical trial where melatonin was found to reduce 80% of the participants? migraine frequency, intensity, and even the duration by up to 50%. Furthermore, women in the study reported improved relief from their menstrual migraine headaches and pains.

Suggested to improve quality rest as a natural sleep aid pill supplement, melatonin may be an effective treatment option for those who are sensitive to prescription medications or enjoy natural remedies and cures. Ultalife encourages readers to try Perfect PM, formulated with melatonin as well as valerian root. The company suggest restless individuals (especially those with aches, pains, or headaches) take 1 serving of the melatonin supplement 45 minutes before bedtime each night.

Although no supplement is ever guaranteed to be totally effective, studies do suggest that the ingredients in Perfect PM may improve sleep and decrease headache pains.

Get Ultalife Perfect PM at: https://www.amazon.com/Ultalife-Natural-Sleep-Melatonin-Valerian/dp/B016P34FBA/.

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Ultalife

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