

Dr. Crowley's Pharmacy

Melatonin -

Protects the brain against toxins. Inhibits release of inflammatory factors. Regulates neurotransmitters and neuron pathways. Modulates Serotonin and CGRP.

The following foods are a great source of Melatonin.

Fruits:

Goji Berries 29 ng/g
Bananas 5 ng/g
Tart Cherries 3.46 ng/g
Kiwi's 2.5 ng/g
Pineapple 2 ng/g
Oranges 2 ng/g
Plums 1.5 ng/g
Grapes 1.5 - 8.2 ng/g
Strawberries 0.5 - 5.9 ng/g

Meat:

Sardines 4 ng/g
Salmon 3.5 ng/g

Dairy:

Milk 0.1-0.8 ng/g
Eggs 0.1-0.5 ng/g

Vegetables:

Mushrooms 6-18 ng/g by variety
Corn 6-9 ng/g
Tomatoes 0.5 - 5.1 ng/g
Sweet Potatoes 2.5 ng/g
Cucumbers 1.5 ng/g
Olives 1.5 ng/g

Nuts and Starch:

Pistachios 653 - 660 ng/g
Figs 3 ng/g
Walnuts 2.5-4.5 ng/g
Peanuts 1.5 ng/g
Barley 1.3 ng/g
Flax Seeds 1 ng/g
Almonds 0.8-3.9 ng/g
Rice 0.3-3.3 ng/g
Oats 0.1-1.8 ng/g

"Let food be thy medicine and medicine be thy food" Hippocrates