

Melatonin Producing Foods

For Better Sleep

These are the foods and supplements that you can eat that help with sleep either to fall asleep faster, sleep more deeply or sleep longer.

Melatonin In Food

- **Animal Sources:** eggs, cheese, milk, fish, turkey, chicken, whey protein
- **Nuts & Seeds:** pumpkin seeds, sesame seeds, almonds
- **Grains:** rice, oats, barley, wheat
- **Vegetable Sources:** tomato, pepper, mushrooms, potato, beans, lentils, tart cherries
- **Oils:** extra virgin olive oil, linseed oil, soybean oil

Vitamins & Minerals

- **B Vitamins- top sources:**
 - **B6:** raw garlic, sunflower seeds, turkey, potatoes
 - **B12:** oysters, oily fish, poultry, egg, dairy or B12 vitamins supplements for vegan
 - **B3:** fresh tuna, peanuts, turkey, chicken, salmon, portobello mushroom
 - **B1:** corn flour, black beans, enriched cereals and pasta, hazelnuts, soybeans
- **Magnesium- top sources:**
Shelled hemp heart, sesame seeds, pumpkin seeds, sunflower seeds, flaxseeds, almonds, dried thyme
- **Zinc- top sources:**
Oysters, wheatgerm, sesame seeds, oat, meat, egg

Supplements

- **Melatonin supplement** (helps to fall asleep faster but not to sleep deeper)
- **Magnesium supplement** (250 - 500g)- combined with other mineral like calcium + zinc
- **Zinc**

