

# Melatonin

## What is melatonin?

- Melatonin is a hormone. It controls your body's biological clock, especially the normal cycling between wakefulness and sleep.
- Melatonin is produced by the pineal gland located in the middle of the brain.



## What is it used for?

- Melatonin has been used to:
  - regulate sleep problems such as jet lag, insomnia, shift-work disorder, and circadian rhythm disorders
  - decrease symptoms of a movement disorder called tardive dyskinesia
  - treat cluster headaches
  - reduce symptoms of withdrawal from nicotine or benzodiazepines

## How is it taken?

- Melatonin comes as tablet or lozenge that is taken by mouth.
- We recommend Nature's Way Melatonin. It is a lozenge that dissolves in the mouth. Place one lozenge under tongue and allow it to dissolve. For best results, take just before bedtime in a dark room.



## What should I watch out for?

- Do not take melatonin if you have:
  - a seizure disorder
  - depression
  - diabetes
  - high blood pressure.
- Melatonin should not be used by children. It affects other hormones and may interfere with development.
- This remedy may make you dizzy or drowsy. Do not drive or operate machinery unless you are fully alert.
- Females of childbearing age: Do not take this remedy if you are pregnant or breast-feeding.
- Talk to your healthcare provider or pharmacist about any natural remedy that you are using or considering. If your provider does not give you specific instructions, follow the directions that come with the package. Do not take more or take it longer than recommended. Ask about anything you do not understand. Remember:
- Natural remedies are not always safe.
- They affect your body and may interact with prescription medicines that you take.

## What are the possible side effects?

- Along with its desirable effects, this remedy may cause some unwanted side effects. Some side effects may be very serious. Some side effects may go away as your body adjusts to the remedy. Tell your healthcare provider if you have any side effects that continue or get worse.
- Possible side effects: Headache, depression, reduced alertness during the day, dizziness, stomach cramps, irritability, confusion, nausea, vomiting.

## What products might interact with this remedy?

- anticoagulant/antiplatelet drugs such as warfarin (Coumadin), aspirin, clopidogrel (Plavix), ticlopidine (Ticlid), enoxaparin (Lovenox), dalteparin (Fragmin), and heparin
- birth control pills
- caffeine
- diabetes medicines such as insulin, glyburide (DiaBeta, Micronase), glipizide (Glucotrol), repaglinide (Prandin), metformin (Glucophage), rosiglitazone (Avandia), and pioglitazone (Actos)
- fluvoxamine (Luvox)
- herbs such as angelica, anise, arnica, capsicum, catnip, chamomile, fenugreek, garlic, German chamomile, ginger, ginkgo, goldenseal, gotu kola, kava, lemon balm, licorice, Panax ginseng, papain, red clover, sage, sassafras, Siberian ginseng, stinging nettle, turmeric, valerian, 5-HTP, calamus, California poppy, St. John's wort, skullcap, yerba mansa, and willow
- immunosuppressants such as azathioprine (Imuran), basiliximab (Simulect), daclizumab (Zenapax), cyclosporine (Neoral, Sandimmune), tacrolimus (Prograf), sirolimus (Rapamune), mycophenolate (CellCept), and prednisone (Orasone)
- nifedipine (Procardia XL)
- nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen (Motrin, Motrin IB, Advil, Nuprin), naproxen (Naprosyn, Anaprox, Aleve, Naprelan), ketoprofen (Orudis, Orudis KT, Oruvail), nabumetone (Relafen), indomethacin (Indocin), ketorolac (Toradol), sulindac (Clinoril), piroxicam (Feldene), diclofenac (Voltaren, Cataflam), and oxaprozin (Daypro)
- sedatives such as alcohol, lorazepam (Ativan), alprazolam (Xanax), diazepam (Valium), zolpidem (Ambien), zaleplon (Sonata), and triazolam (Halcion)
- verapamil (Calan, Isoptin)
- warfarin (Coumadin).