



Center for Integrative Medicine

Dietary Supplements: Melatonin

Melatonin is a hormone (made in the pineal gland in the brain) used to help people fall asleep or deal with jet lag. It is not an essential nutrient like a vitamin or mineral and there are no minimum daily requirements. Studies on its effectiveness have had mostly positive results. There may is some variability in products tested. People have different reasons for trouble falling asleep. There is variability in the quality of natural products. If you decide to take melatonin, use products that have met quality tests by ConsumerLabs (www.consumerlab.com)

Check with your doctor about doses, duration of use and to check for potential side effects or interactions. Melatonin wort can make people sleepy. Do not take melatonin before driving a car or riding a bike.

The doses used in most positive studies on sleep ranged from 1 - 5 milligrams an hour before bed. See the review published by the US Agency for Healthcare Research and Quality (AHRQ) for more information: http://www.ahrq.gov/clinic/epcsums/melatsum.htm. See also the US National Library of Medicine's patient information about melatonin: http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-melatonin.html.

Melatonin Products With Positive Results in Clinical Studies :	
Circa Dia BV, Netherlands	
Ecological Formulas, Concord CA	
Helsinn Chemicals in Biasca, Switzerland	
Penn Pharmaceuticals Ltd., UK	
Pharma Nord in the UK and Denmark	
Regis Technology, Inc. (Morton Grove, IL)	
Sigma Chemicals in St. Louis, MO	
Selected Products Approved by ConsumerLabs in February, 2007	
Biochem® Melatonin: 3,000 microgram (same as 3 milligram) rapid release	Country Life
tablet	
Good 'N Natural® Melatonin: 1000 micrograms per tablet and 3,000	Good 'N Natural
micrograms per tablet	Manufacturing Corp.
Innovative Natural Products® Liquid Melatonin: 3,000 micrograms per	Innovative Natural
milliliter (mL)	Products
Lorna Vanderhaeghe SleepSense®: 3,000 micrograms per sublingual tablet	Preferred Nutrition
Natural Balance® Herbal Slumber: 1,000 micrograms (1 milligram) per	Natural Balance
capsule	
Nature's Bounty Melatonin: 1,000 per tablet and 3,000 micrograms per tablet	Nature's Bounty, Inc.
Now® Melatonin: 3,000 micrograms per capsule	Now Foods
Puritan's Pride Melatonin: 1000 micrograms per tablet and 3000 micrograms	
per tablet	
Quest Melatonin: 3,000 micrograms per tablet	Quest vitamins
Sundown® Melatonin: 3,000 micrograms per tablet	Sundown, Inc
Trader Darwin's Chewable Peppermint Flavored Melatonin: 500 micrograms	Trader Joe's
(1/2 milligram) per chewable tablet	
Twinlab® Melatonin Caps: 3,000 micrograms per capsule	Ideasphere, Inc.
Unicity Melatonin 2,500 micrograms per sublingual tablet	UniCity
VitaminWorld® Melatonin: 1000 micrograms per tablet and 3,000 micrograms	Vitamin World, Inc
per tablet	

www.wakehealth.edu/CIM - See Quick Link to Dietary Supplements