Melatonin
Vitamins, Minerals and Dietary Supplements

Melatonin

Where Melatonin is From

Melatonin is a natural hormone produced by the pineal gland, located deep within the brain. Its main purpose is to regulate the human body clock and help people sleep.

Levels of melatonin decrease over time; lower melatonin levels are found during the day, while the highest melatonin levels are present in the brain during the night.

Melatonin is associated with the sleep cycle in humans. Several double-blind controlled studies have shown that melatonin enhances the time people need to fall asleep and improves the quality of a person’s sleep. It can also reduce the effects of jet lag and help people recover from energy deficits.

Melatonin may also work on a variety of other conditions. Some studies have shown that melatonin supplements can mimic the effects of slow waves in the brain and increase survival in mice with lung cancer and breast cancer. In addition, it may effectively treat migraine headaches and symptoms called SAD (seasonal affective disorder).

How much melatonin should I take?

Even a low dose of caffeine blocks melatonin from working.

Normally, the body secretes melatonin for several hours per day, including people for whom melatonin deficiency may involve sleeping problems. Most people who use melatonin supplements take between 1 and 3 mg of melatonin right before bedtime. For people with cancer, other large amounts of melatonin, up to 20 mg per day. Melatonin should not be taken during the day, and should only be taken under the supervision of a licensed health care provider.

What forms of melatonin are available?

Melatonin is available in many forms, but may not be an extract. Synthetic melatonin supplements are available at some health food stores. However, in many cases, melatonin supplements can only be obtained through a doctor’s prescription.

What can happen if I take too much melatonin?

There are no known side effects from taking a melatonin supplement. However, melatonin may not interact with certain medications, particularly those that cause drowsiness.

Some possible side effects of melatonin include:

- Headache
- Nausea
- Dizziness
- Irritability
- Mood changes

How much melatonin should I take?

Melatonin is a natural hormone produced by the pineal gland, located deep within the brain. Its main purpose is to regulate the human body clock and help people sleep.

Levels of melatonin decrease over time; lower melatonin levels are found during the day, while the highest melatonin levels are present in the brain during the night.

Melatonin is associated with the sleep cycle in humans. Several double-blind controlled studies have shown that melatonin enhances the time people need to fall asleep and improves the quality of a person’s sleep. It can also reduce the effects of jet lag and help people recover from energy deficits.

Melatonin may also work on a variety of other conditions. Some studies have shown that melatonin supplements can mimic the effects of slow waves in the brain and increase survival in mice with lung cancer and breast cancer. In addition, it may effectively treat migraine headaches and symptoms called SAD (seasonal affective disorder).

How much melatonin should I take?

Even a low dose of caffeine blocks melatonin from working.

Normally, the body secretes melatonin for several hours per day, including people for whom melatonin deficiency may involve sleeping problems. Most people who use melatonin supplements take between 1 and 3 mg of melatonin right before bedtime. For people with cancer, other large amounts of melatonin, up to 20 mg per day. Melatonin should not be taken during the day, and should only be taken under the supervision of a licensed health care provider.

What forms of melatonin are available?

Melatonin is available in many forms, but may not be an extract. Synthetic melatonin supplements are available at some health food stores. However, in many cases, melatonin supplements can only be obtained through a doctor’s prescription.

What can happen if I take too much melatonin?

There are no known side effects from taking a melatonin supplement. However, melatonin may not interact with certain medications, particularly those that cause drowsiness.

Some possible side effects of melatonin include:

- Headache
- Nausea
- Dizziness
- Irritability
- Mood changes

How much melatonin should I take?

Melatonin is a natural hormone produced by the pineal gland, located deep within the brain. Its main purpose is to regulate the human body clock and help people sleep.

Levels of melatonin decrease over time; lower melatonin levels are found during the day, while the highest melatonin levels are present in the brain during the night.

Melatonin is associated with the sleep cycle in humans. Several double-blind controlled studies have shown that melatonin enhances the time people need to fall asleep and improves the quality of a person’s sleep. It can also reduce the effects of jet lag and help people recover from energy deficits.

Melatonin may also work on a variety of other conditions. Some studies have shown that melatonin supplements can mimic the effects of slow waves in the brain and increase survival in mice with lung cancer and breast cancer. In addition, it may effectively treat migraine headaches and symptoms called SAD (seasonal affective disorder).

How much melatonin should I take?

Even a low dose of caffeine blocks melatonin from working.

Normally, the body secretes melatonin for several hours per day, including people for whom melatonin deficiency may involve sleeping problems. Most people who use melatonin supplements take between 1 and 3 mg of melatonin right before bedtime. For people with cancer, other large amounts of melatonin, up to 20 mg per day. Melatonin should not be taken during the day, and should only be taken under the supervision of a licensed health care provider.

What forms of melatonin are available?

Melatonin is available in many forms, but may not be an extract. Synthetic melatonin supplements are available at some health food stores. However, in many cases, melatonin supplements can only be obtained through a doctor’s prescription.

What can happen if I take too much melatonin?

There are no known side effects from taking a melatonin supplement. However, melatonin may not interact with certain medications, particularly those that cause drowsiness.

Some possible side effects of melatonin include:

- Headache
- Nausea
- Dizziness
- Irritability
- Mood changes

How much melatonin should I take?

Melatonin is a natural hormone produced by the pineal gland, located deep within the brain. Its main purpose is to regulate the human body clock and help people sleep.

Levels of melatonin decrease over time; lower melatonin levels are found during the day, while the highest melatonin levels are present in the brain during the night.

Melatonin is associated with the sleep cycle in humans. Several double-blind controlled studies have shown that melatonin enhances the time people need to fall asleep and improves the quality of a person’s sleep. It can also reduce the effects of jet lag and help people recover from energy deficits.

Melatonin may also work on a variety of other conditions. Some studies have shown that melatonin supplements can mimic the effects of slow waves in the brain and increase survival in mice with lung cancer and breast cancer. In addition, it may effectively treat migraine headaches and symptoms called SAD (seasonal affective disorder).

How much melatonin should I take?

Even a low dose of caffeine blocks melatonin from working.

Normally, the body secretes melatonin for several hours per day, including people for whom melatonin deficiency may involve sleeping problems. Most people who use melatonin supplements take between 1 and 3 mg of melatonin right before bedtime. For people with cancer, other large amounts of melatonin, up to 20 mg per day. Melatonin should not be taken during the day, and should only be taken under the supervision of a licensed health care provider.

What forms of melatonin are available?

Melatonin is available in many forms, but may not be an extract. Synthetic melatonin supplements are available at some health food stores. However, in many cases, melatonin supplements can only be obtained through a doctor’s prescription.

What can happen if I take too much melatonin?

There are no known side effects from taking a melatonin supplement. However, melatonin may not interact with certain medications, particularly those that cause drowsiness.

Some possible side effects of melatonin include:

- Headache
- Nausea
- Dizziness
- Irritability
- Mood changes

How much melatonin should I take?