ARIZONA CENTER FOR
Integrative Medicine
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THE UNIVERSITY OF ARIZONA

Melatonin

WHAT IS IT?

Melatonin is an anti-oxidant hormone synthesized by the pineal gland and gastrointestinal tract in the body. It is involved in sleep, circadian rhythm and the immune system of the body. IT is naturally present in flax, orange bell peppers, walnuts, almonds, tomatoes, and goji berries and raspberries.

Melatonin is suppressed by certain medications and by too much light at night. With the rise of 24 hour lights in our cities along with lights from electronics in our homes while we sleep, the effects of melatonin are becoming more important and are being researched for its effects on health.

WHY SHOULD I CONSIDER TAKING THIS?

Melatonin has been found to be beneficial for:

- ❑ Jet lag
- ❑ Insomnia
- ❑ Cancer survival
- ❑ Cluster headaches
- ❑ Irritable bowel
- ❑ Benzodiazepine withdrawal

The most common complaint with melatonin is that it can increase dream intensity. As it can cause sleepiness, talking melatonin at night is recommended. It can increase blood pressure for those that take calcium channel blockers, so monitoring your blood pressure if you take melatonin and a calcium channel blocker for high blood pressure is suggested. Some supplement preparations have been found to have contaminants. If your doctor recommends melatonin, be sure to get a good brand that is known to be of good quality. Your clinician can discuss with you how to choose a good brand.

HOW DO I TAKE IT?

DOSE: For sleep – take 0.3mg-3mg of sublingual melatonin about 30 minutes before bed. For cancer and headaches, the recommended doses are higher and your clinician can recommend what is best for you.

Make sure to ask your health care provider exactly how and when you should take this product.

My Health Care Provider's Notes:

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