

Melatonin Capsule or Oral Suspension

Active Ingredient

Melatonin

What is in this leaflet

This leaflet contains some information about your medication. It does not take the place of talking to your doctor or pharmacist. All medicines have risks and benefits. Your doctor has weighed the risks of you taking this medication against the positive benefits they expect it will have for you. **If you have any concerns about taking this medicine, please contact us again or speak with your doctor or pharmacist for more information.** Keep this leaflet with the medicine as you may need to read it again in the future.

What it is used for

This medication contains the active ingredient Melatonin. Melatonin is used to improve sleep quality and morning alertness in adults and children with poor quality of sleep. It is available as a liquid and a capsule.

Melatonin belongs to a group of naturally occurring hormones produced in the body. This hormone is released in your body at night in response to darkness. It helps to control your circadian rhythm by instructing your body to sleep.

Before you take Melatonin

When you must NOT take it:

- If you are allergic to the active ingredient
- If the medication is expired or has not been stored correctly
- **If you have been drinking alcohol**

Let us know if you are:

- Pregnant, planning on becoming pregnant, or breastfeeding
- Suffer from any other medical conditions or take any other medications

How to take Melatonin

How much to take

Please take this medication as directed by your doctor or pharmacist. Refer to the directions on the product

label if required. Melatonin is normally taken once per day, at the same time each night.

How to take it

Capsule:

Swallow the capsule whole with a glass of water, approximately 1-2 hours before you go to bed. Do NOT crush or chew the tablet.

Oral Liquid:

Instill the prescribed number of drops under your tongue and allow to dissolve, approximately 30 minutes before you go to bed.

If you forget to take it

Take the medication as soon as you remember before bed, or skip the dose and wait until it is time for your next dose. **Do not take two doses to make up for a dose you missed.**

How to report side effects

If you experience any adverse experiences from this medication, you should report it via:

- Visiting www.tga.gov.au/reporting-problems
- Call Adverse Medicine Events Line on 1300 134 237

If it is an EMERGENCY call the Poisons Information Centre on 13 11 26 or call 000.

Side effects

Please let us or your doctor know as soon as possible if you do not feel well while taking this medication.

Some side-effects you may experience include:

- Irritability, agitation, or temporary depression
- Migraine, dizziness, tiredness
- Stomach upset

If you experience any of these and it is concerning you, please speak with your doctor or pharmacist.

For a full list of possible side effects please contact us.

Storage

Expires 6 months after preparation. Keep in the original bottle until you need to take your next dose.

Store your medication in a cool, dry place that is below 25°C and away from sunlight.

Caring, Innovative,
Personally Made Medicine

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