

# The Compounding Lab

## Melatonin Suspension

### ACTIVE INGREDIENT

Melatonin

### WHAT IS IN THIS LEAFLET

This leaflet contains information about your medication. All medicines are associated with some risks, however your doctor/pharmacist has weighed those against the benefits of you taking the medication and the positive effects they expect to see. Should you have any concerns, please contact us for more information. Make sure you keep this leaflet close to your medicine as you may need to refer to it again in the future.

### WHAT IS IT USED FOR

Melatonin is used to improve sleep quality and morning alertness in patients with poor quality of sleep. Melatonin belongs to a group of naturally occurring hormones produced in the body. It is released at night in response to darkness and instructs the body that it is time for sleep. Young and middle-aged adults usually produce about 5 to 25 micrograms of melatonin per night. Taking additional melatonin helps control the body's circadian rhythms and improves quality of sleep. It is equally commonly prescribed to children as it is to adults and is available in a liquid suspension form in many flavours.

### BEFORE USING MELATONIN SUSPENSION

#### Before you must not use it

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

#### Before you start to use it

Let us know if you are:

- Pregnant or breastfeeding.
- Being treated for any other medical conditions or take other medications.
- Sensitive to any medicines, foods, colours or preservatives.

### HOW TO USE MELATONIN SUSPENSION

#### How much to use

Please follow the dosing instructions provided by your doctor. Melatonin is taken when required, approximately half an hour before going to bed. The drops are to be administered under the tongue and allowed to dissolve. Alternatively, liquid can be swallowed. Our liquid formulation begins to work quicker

than commercially available products.

#### If you forget to use it

Take the tablet as soon as you remember (before bed) or wait until it is time for the next dose.

*Do not take a double dose to make up for the dose that you missed.*

#### If you use too much (overdose)

Please contact your doctor/pharmacist as soon as possible or call the Poisons Information Centre (13 11 26).

### SIDE EFFECTS OF MELATONIN SUSPENSION

The following side effects are uncommon but may be experienced:

- Irritability, nervousness, abnormal dreams.
- Dizziness, tiredness, migraines.
- Dry mouth, skin rashes.

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

### STORAGE

Keep this medicine out of reach of children in the original bottle supplied. This medicine must be stored in the fridge between 2-8°C. Product expires 6 months after preparation.

### PRODUCT DESCRIPTION

Transparent liquid.

#### Ingredients

- Melatonin
- Glycerin
- Polysorbate
- Potassium Sorbate
- Saccharin Sodium
- Citric Acid
- Purified Water
- Methocel E4M 2%
- Colours and flavor (if requested)

Leaflet prepared: March 2016



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