

MELATONIN Side Effects:

Most common: Generally well tolerated in the short term. Drowsiness, headaches, and dizziness most common but at similar rates to placebo; next-day grogginess or irritability (higher doses); vivid dreams or nightmares (higher doses).

Serious but rare: No serious side effects reported; however, long-term human studies have not been conducted. Theoretically, melatonin may alter other hormones (inhibiting ovulation in women and gonadal development in children and adolescents); avoid use in women who are pregnant or are attempting to become pregnant, and use caution in children.

Pregnancy: Theoretically, melatonin may alter other hormones (inhibiting ovulation in women); avoid use in women who are pregnant or are attempting to become pregnant.

This is a simplified list of side effects focusing on what is common or severe because complete lists of more rare and less serious side effects are often overwhelming. If desired, complete lists of potential side effects can be found on reputable web sites like Drugs.com.