

SomniCare

Active ingredient: Melatonin

Consumer Medicine Information

This leaflet provides important information about using SomniCare. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using SomniCare.**

Where to find information in this leaflet:

1. Why am I using SomniCare?
2. What should I know before I use SomniCare?
3. What if I am taking other medicines?
4. How do I use SomniCare?
5. What should I know while using SomniCare?
6. Are there any side effects?
7. Product details

1. Why am I using SomniCare?

SomniCare contains the active ingredient Melatonin. The active substance of SomniCare, melatonin, belongs to a group of naturally occurring hormones produced in the body.

Melatonin works by controlling the circadian rhythms and increasing the propensity to sleep.

SomniCare is used to improve sleep quality and morning alertness in patients over 55 years of age with poor quality of sleep.

2. What should I know before I use SomniCare?

Warnings

Do not use SomniCare if:

- you are allergic to Melatonin or any of the ingredients listed at the end of this leaflet.
Always check the ingredients to make sure you can use this medicine.
- you have been drinking alcohol or intend to drink alcohol or believe that you may have alcohol in your blood stream.
- you are pregnant or breast-feeding.
SomniCare has not been studied in pregnant or breast-feeding women.

Check with your doctor or pharmacist if you:

- have or have had the following medical conditions:
 - suffer from liver problems
 - suffer from kidney problems