

# APOHEALTH MELATONIN SLEEP AID

Active ingredient(s): Melatonin

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## Consumer Medicine Information

This leaflet provides important information about using APOHEALTH MELATONIN SLEEP AID. **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 APOHEALTH MELATONIN SLEEP AID.**

*Where to find information in this leaflet:*

**1. Why am I using APOHEALTH MELATONIN SLEEP AID?**

**2. What should I know before I use APOHEALTH MELATONIN SLEEP AID?**

**3. What if I am taking other medicines?**

**4. How do I use APOHEALTH MELATONIN SLEEP AID?**

**5. What should I know while using APOHEALTH MELATONIN SLEEP AID?**

**6. Are there any side effects?**

**7. Product details**

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### 1. Why am I using APOHEALTH MELATONIN SLEEP AID?

**APOHEALTH MELATONIN SLEEP AID contains the active ingredient melatonin.** APOHEALTH MELATONIN SLEEP AID Melatonin is a naturally occurring hormone produced in the body.

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

**APOHEALTH MELATONIN SLEEP AID is used** for the short term treatment of primary insomnia characterized by poor quality of sleep in patients who are aged 55 years of age or over

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### 2. What should I know before I use APOHEALTH MELATONIN SLEEP AID?

#### *Warnings*

**Do not use APOHEALTH MELATONIN SLEEP AID 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.
- Do not use in adults or children under 55 years of age.
- Alcohol should not be taken with melatonin. Do not take melatonin if you have been drinking alcohol, intend to drink alcohol or believe that you may have alcohol in your blood stream.