

Summary Public Assessment Report

Melatonin Vitabalans (melatonin)

SE/H/2540/01-03/DC

Summary Public Assessment Report

Melatonin Vitabalans
melatonin

Tablet, 1 mg, 2 mg, 4 mg

This is a summary of the public assessment report (PAR) for Melatonin Vitabalans. It explains how the assessment was made and why the authorisation was recommended as well as the conditions of use. It is not intended to provide practical advice on how to use the product.

For practical information about the use of the product, patients should read the package leaflet or contact their doctor or pharmacist.

What is Melatonin Vitabalans and what is it used for?

The product is a medicine with 'well-established use'. This means that the medicinal use of the active substance of the product is well established in the European Union for at least ten years, with recognised efficacy and an acceptable level of safety.

Melatonin Vitabalans is used for short-term treatment of jet lag in adults. Jet lag refers to the symptoms caused by the time difference when traveling across several time zones.

Melatonin Vitabalans is recommended to adult travellers flying across 5 or more time zones, particularly in an easterly direction, and especially if they have experienced jet lag symptoms on previous journeys. Travellers crossing 2-4 time zones can also use it if need be.

How does Melatonin Vitabalans work?

Melatonin Vitabalans contains the active substance melatonin, which belongs to a natural group of hormones produced by the body.

Melatonin helps to regulate the body's day and night rhythm.

How is Melatonin Vitabalans used?

The pharmaceutical form is tablets for oral use.

Please read section 3 of the package leaflet for detailed information on dosing recommendations, the route of administration, and the duration of treatment.

A prescription might be needed for this medicine in Sweden.

What benefits of Melatonin Vitabalans have been shown in studies?

As melatonin is a well-known substance, and its use in the treatment of jet lag in adults is well established, the applicant presented data from the scientific literature. The literature provided confirmed the efficacy and safety of melatonin in the treatment of the above-mentioned indication.

What are the possible side effects from Melatonin Vitabalans?

For the full list of side effects, see section 4 of the package leaflet.

For the full list of restrictions, see the package leaflet.

Why is Melatonin Vitabalans approved?

The Swedish Medical Products Agency decided that the benefits are greater than its risks and recommended that it can be approved for use.

What measures are being taken to ensure the safe and effective use of Melatonin Vitabalans?

A risk management plan has been developed to ensure that the product is used as safely as possible. Based on this plan, safety information has been included in the summary of product characteristics and the package leaflet, including the appropriate precautions to be followed by healthcare professionals and patients.

Known side effects are continuously monitored. Furthermore, new safety signals reported by patients/healthcare professionals will be monitored/reviewed continuously as well.

Other information about Melatonin Vitabalans

The full PAR for Melatonin Vitabalans can be found on the following website: [MRI - Home](#). For more information about treatment with Melatonin Vitabalans, please read the package leaflet or contact your doctor or pharmacist.

This summary was last updated in YYYY-MM.

Infoga datum enligt när sPAR blir klar för publicering.