

# Summary Public Assessment Report

## Mellozzan (melatonin)

**SE/H/2330/01-06/MR**

# Summary Public Assessment Report

Mellozzan  
melatonin

Tablet, 0,5 mg, 1 mg, 2 mg, 3 mg, 4 mg, 5 mg

This is a summary of the public assessment report (PAR) for Mellozzan. 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 Mellozzan 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.

The product is used in the treatment of:

- 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.
- Insomnia in children and adolescents (6 to 17 years old) with ADHD (attention-deficit hyperactivity disorder), where other healthy sleeping routines have not worked well enough.

## **How does Mellozzan work?**

The active substance of Mellozzan, melatonin, belongs to a group of natural hormones produced by the body. The hormone helps regulate the body's day and night rhythm.

## **How is Mellozzan used?**

The pharmaceutical form is tablet 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.

The medicine can only be obtained with a prescription in Sweden.

## **What benefits of Mellozzan have been shown in studies?**

As *melatonin* is a well-known substance, and its use in the treatment of

- *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.*
- *Insomnia in children and adolescents (6 to 17 years old) with ADHD (attention-deficit hyperactivity disorder), where other healthy sleeping routines have not worked well enough.*

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 Mellozzan?**

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 Mellozzan 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 Mellozzan?**

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 Mellozzan**

The full PAR for Mellozzan can be found on the following website:

<http://mri.medagencies.org/Human/>. For more information about treatment with Mellozzan, please read the package leaflet or contact your doctor or pharmacist.

This summary was last updated in 2023-05.