

Using Melatonin 2mg CR (Circadin®) as first line for all melatonin prescriptions

Circadin® is the only melatonin product in the UK that is licensed. The Medicines and Healthcare products Regulatory Agency (MHRA) have produced guidance indicating that where melatonin is needed, the licensed product should be used wherever possible – including off-label use where deemed suitable by the clinician.

The facts: Circadin®

- Is Melatonin 2mg controlled release tablet
- Is the only licensed Melatonin product in the UK
- Is licenced for sleeping disorders in the over 55s
- Tablets can be halved or quartered using a tablet cutter (Flynn Pharmaceuticals)
- Tablets may be crushed, but in doing so the product loses its controlled release profile and becomes identical to an immediate release product, near maximal release of melatonin is reached within the first hour (Flynn Pharmaceuticals)
- Crushed tablets may be administered to children in small portions of food, water, juice, yoghurt or jam.
- Is suitable for all types multiple dosing
- Is safer and more cost effective than unlicensed melatonin products

