

Media Release

3 February 2017

CMA ceo won't sleep until melatonin rescheduled

Complementary medicines Australia (CMA) is disappointed that melatonin won't be made available to Australian consumers without a prescription as it is in other areas around the globe including the US and Canada. This follows a decision by the Advisory Committee on Medicines Scheduling that melatonin for human use will for now remain in Schedule 4 of the Poisons Standard.

"Melatonin, at appropriate doses, has been found to be safely and effectively used to alleviate the symptoms of jetlag, helps to reduce the time it takes to fall asleep, and helps reset the body's sleep-wake cycle," said Mr Gibson, ceo of CMA.

"Melatonin has been available for over twenty years in the US dietary supplement market, where it is used by approximately 5 percent of the population. In Canada it was reclassified from prescription-only to natural health product status in 2003."

"There is a concern that there is a large and growing number of Australians purchasing melatonin via online channels under the personal importation scheme. Products purchased online from overseas are not subject to the same regulations as those enforced in Australia, which means there may be no surety that the product contains what it says it does. Because, for now, melatonin remains prescription-only in Australia we recommend that people seek the advice of a qualified healthcare professional."

ENDS

For Media Interviews or Further Information Contact:

CMA, Chief Executive

Carl Gibson

+61 457 028 974