ConsumerLab.com Finds Melatonin Supplements Range in Strength But Ingredient Quality Is High

ConsumerLab.com announced test results today from its new Product Review of Melatonin Supplements. Melatonin supplements may help treat certain sleep disorders and disturbances, including jet lag. Melatonin may also be beneficial in conditions ranging from cluster headaches to certain cancers. ConsumerLab.com tested products offering 750 to 5,000 micrograms of melatonin per daily serving. All ten of the products that ConsumerLab.com chose for testing passed analyses for melatonin and lead contamination, as did seven products tested through ConsumerLab.com’s Voluntary Certification Program.

Sales of melatonin supplements have risen steadily in the US in recent years, reaching $81 million in 2006, according to Nutrition Business Journal. Tod Cooperman, MD, President of ConsumerLab.com, advised that while melatonin is generally safe, it is a hormone and its use should be discussed with a health care practitioner.

The new report is available at http://www.consumerlab.com/results/melatonin.asp. Brands covered in the new report include Advanced Sleep Formula (Dr. Ronald Hoffman/M.D. Select), Formula 605 (MaxiHealth), Melatonin Solution (Nutraceutical Solutions), MidNite (Concepts in Health), as well as melatonin products from CVS, Futurebiotics, Natural Factors, Nature Made, Nature’s Bounty, Olympian Labs, Pure Encapsulations, Schiff, Sunsource, Unicity, Vitaline, Vitamin Shoppe, and Vitamin World. The report includes results for 17 products and information about four others similar to those that passed testing. The report also includes extensive information about how to buy and use these supplements and their potential side effects.

Reviews of other popular types of supplements are also available at www.consumerlab.com. New Reviews to be released in coming weeks will cover supplements made with beta-carotene and vitamin A, CoQ10, multivitamins, supplements for memory enhancement (ginkgo, huperzine, and acetyl-L-carnitine) and bone health (calcium, vitamin D and vitamin K), and zinc. ConsumerLab.com is a leading provider of consumer information and independent evaluations of products that affect health and nutrition. The company is privately held and based in Westchester, New York. It has no ownership from, or interest in, companies that manufacture, distribute, or sell consumer products. ConsumerLab.com is affiliated with PharmacyChecker.com, an evaluator of online pharmacies, and MedicareDrugPlans.com, which reviews and rates Medicare Part D plans. Subscription to ConsumerLab.com is available online. For group subscriptions or product testing, contact Lisa Sabin, Vice President for Business Development, at lisa.sabin@consumerlab.com.

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