

## Drugs and Health Products

### Product Information

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**Natural Product Number:** 80021842  
**Current Status:** Active  
**Brand Name(s):** Bpt Insomnia Relief M Tablets 5 Mg  
**Name of Licensee:** BioPharmtech Canada Ltd.  
**Dosage Form:** Tablet  
**Recommended Route of Administration:** Oral

#### Recommended Dose:

Sub Population (Sub Pop.)					Amount				Frequency (Freq.)			
Sub Pop.	Age	Min.	Max.	UoM* Age	Quantity (Qty)	Min.	Max.	UoM* Qty	Freq.	Min.	Max.	UoM* Freq.
Adults					1.0			tablet	1			daily

\* UoM: Unit of Measure

#### Recommended Use or Purpose:

Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps relieve the daytime fatigue associated with jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase syndrome. Helps re-set the body's sleep-wake cycle (aspect of the circadian rhythm).

#### Risk Information:

##### *Cautions and Warnings*

Consult a health care practitioner prior to use if you have a hormonal disorder, diabetes, liver or kidney disease, cerebral palsy, seizure disorders, migraine, depression and/or hypertension or if you are taking blood pressure or sedative/hypnotic medications. If symptoms persist continuously for more than 4 weeks (chronic insomnia), consult your health care practitioner.

##### *Contra-Indications*

Do not drive or use machinery for 5 hours after taking melatonin. Do not use if you are pregnant or breastfeeding. Do not use if you are taking immunosuppressive drugs.

Medicinal Ingredients	Quantity per Dosage Unit	Extract	Potency
N-acetyl-5-methoxy-tryptamine	5.0 mg		