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Thousands of kids are getting sick from downing melatonin pills

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THE ASSOCIATED PRESS

Associated Press (AP) and National Public Radio (NPR) abandon honesty and decency in attacking melatonin (2022 June) and spreading lies, disinformation, misinformation



The label for a bottle of melatonin pills. Melatonin is a hormone that helps control the body's sleep cycle. Patrick Sison/AP

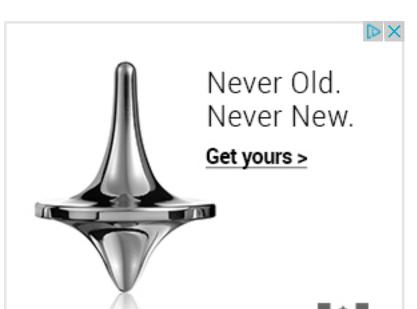
Let's see how well they justify this absolutely wild claim that is inconsistent with all the research I've been following for the past 23 years NEW YORK — Researchers are drawing attention to a rise in poisonings in children involving the sleep aid melatonin — including a big jump during the pandemic. First of all, I suspect that this claim is wildly inflated. Secondly, uneducated phone calls from worried parents don't necessarily indicate a legitimate problem Last year, U.S. poison control centers received more than 52,000 calls about children consuming worrisome amounts of the dietary supplement — a six-fold increase from about a decade earlier. Most such calls are about young children who accidentally got into bottles of melatonin, some of which come in the form of gummies for kids. Well, if kids are consuming melatonin in the form of "gummies for kids" then the biggest risk that they face is probably diarrhea because most of those dummies are filled with sugar or artificial sweeteners that cause harmless temporary diarrhea in excess. This is hardly newsworthy except for groups that want to provoke fear among an ignorant and intentionally uneducated public. Parents may think of melatonin as the equivalent of a vitamin and leave it on a

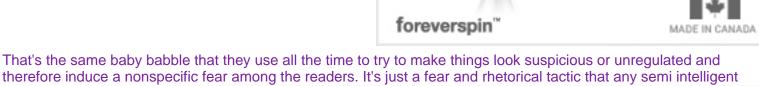
nightstand, said Dr. Karima Lelak, an emergency physician at Children's Hospital of Michigan and the lead author of the study published Thursday by the Centers for Disease Control and Prevention. "But really it's a medication that has the potential to cause harm, and should be put way in the medicine cabinet," Lelak said. I guarantee you that if you asked her exactly what "harm" she is referring to she would have no ability to give you an honest and scientifically valid answer

An increasingly popular over-the-counter sleep aid

Melatonin is a hormone that helps control the body's sleep cycle. It has become a popular over-the-counter sleeping aid, with sales increasing 150% between That's fine and probably good for the general public. 2016 and 2020, the authors said. Melatonin is clearly one of the most beneficial and safe nutritional

supplements on the market, and since melatonin is found in many commonly consumed foods, we can reasonably call it a nutritional supplement. **Sponsor Message**





or educated person should be able to see through. The FDA has approved hundreds of drugs that have killed millions of people so "approval" by one of the most corrupt and incompetent branches of the American government

certainly is irrelevant to the topic of safety In the U.S., melatonin is sold as a supplement, not regulated as a drug. Because melatonin is unregulated, the U.S. Food and Drug Administration doesn't have oversight over the

purity of ingredients or the accuracy of dosage

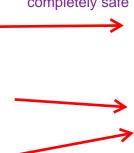


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Other researchers have found that what's on the label may not match what's actually in the bottle, and some countries have

banned the sale of over-the-counter melatonin.

Because it is completely safe Many people can tolerate even relatively large doses of melatonin without



claims.

nor is any antidote needed significant harm, experts say. But there is no antidote for an overdose. In cases of a child accidentally ingesting melatonin, experts often ask a reliable adult to which is the same as saying it is not any serious problem, if the standard treatment is to do monitor them at home, nothing and then just go home and wait.

But slowed breathing or other worrisome signs can mean a child should be Unlikely taken to a hospital.

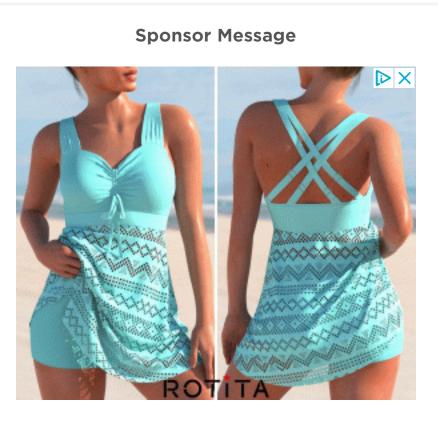
Possible suicide attempts among teenagers

from stupidity to irrelevance to hilarity. Basically what's happening here is that uninformed kids seem to think that melatonin is a " sleeping pill" that will kill them if they take too many of the pills, and so they're trying to use this as a suicide attempt. But it's completely ridiculous because melatonin is essentially completely safe. So let's do the math and imagine the typical bottle of 3 mg capsules that has 180 capsules if it's a large bottle so in this case the entire bottle would contain 3mgx180 = 540 mg ofmelatonin for the entire bottle, which would pose zero risk to adults and kids of enough age to find the bottle and take the entire bottle as a fumbled attempt died. at suicide. This article is absurd.

Now we've crossed the line

Lelak and her colleagues looked at reports to poison control centers from 2012 to 2021, counting more than 260,000 calls about kids taking too much melatonin. They represented 0.6% of all poison control calls in 2012 and about <mark>5% in 2021</mark>.

because this is a non-issue In about 83% of those calls, the children did not show any symptoms. But other children endured vomiting, had altered breathing or showed other symptoms. Over the 10 years studied, more than 4,000 kids were hospitalized, five needed to be put on machines to help them breathe, and two — both younger than 2 — Sad if true, but impossibly unlikely.



Most of the hospitalized children were teenagers, and many of those were

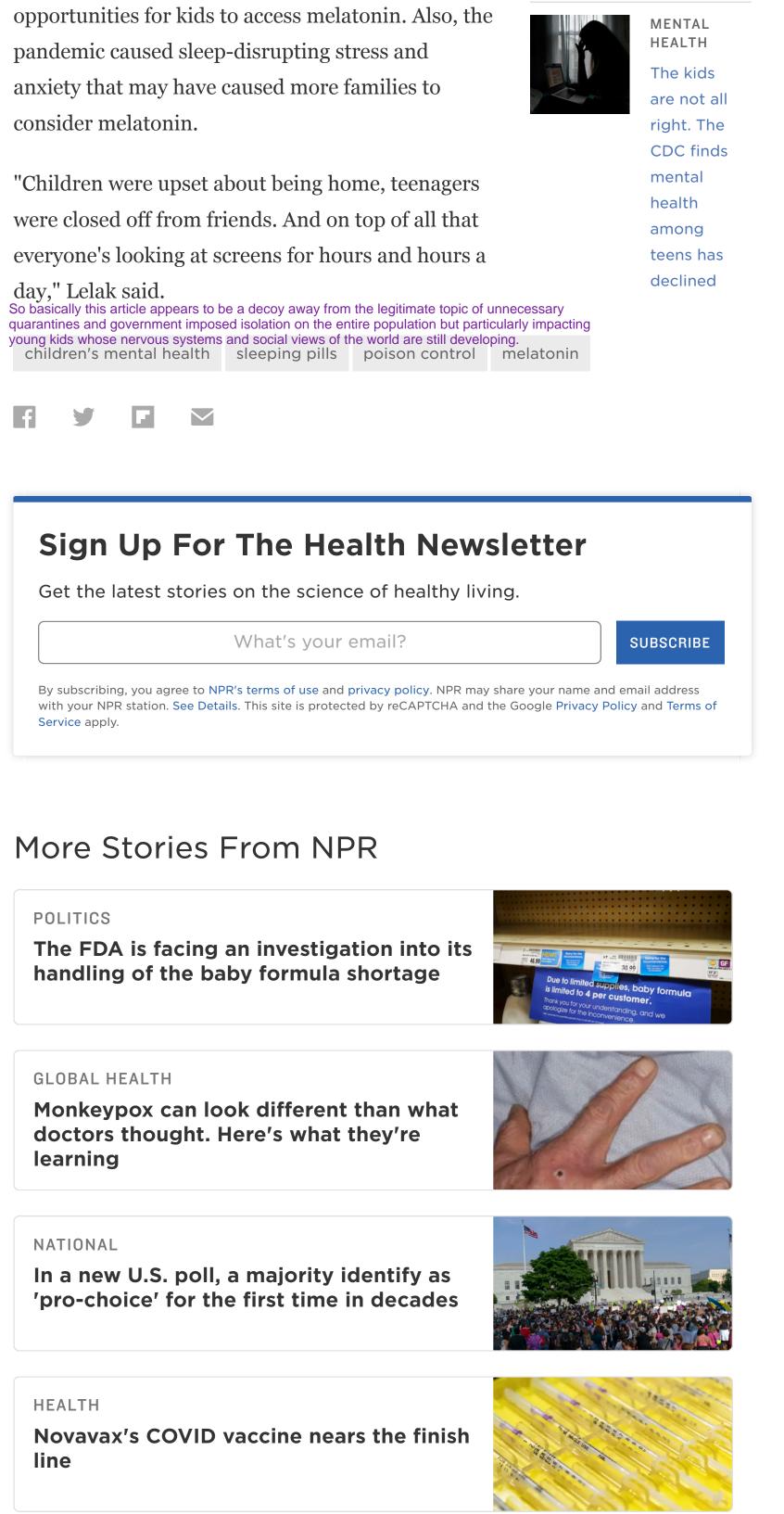
believed to be suicide attempts. We should hope that all suicide attempts are made with melatonin.

WTF??? Now we have gone from zero data to calling it "poisoning" Reported melatonin poisonings have been increasing for at least a decade, but the largest increases happened after the COVID-19 pandemic hit the United States in 2020. Between 2019 and 2020, the count shot up 38%.

There may be several reasons, Lelak said. Because of lockdowns and virtual learning, more children were at home all day, meaning there were more consider melatonin.



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