

Citations and Reference Literature: Melatonin

Citations

1. Kerenyi NA, Pandula E, Feuer G. Why the incidence of cancer is increasing: the role of "light pollution." *Med Hypotheses* 1990;33:75-78.
2. Regelson W, Pierpaoli W. Melatonin: a rediscovered antitumor hormone? Its relation to surface receptors; sex steroid metabolism, immunologic response, and chronobiologic factors in tumor growth and therapy. *Cancer Invest* 1987;5:379-385.
3. Cagnacci A, Arangino S, Renzi A et al. Influence of melatonin administration on glucose tolerance and insulin sensitivity of postmenopausal women. *Clin Endocrinol (Oxf)* 2001;54:339-346.
4. Fischer T, Bangha E, Elsner P, Kistler GS. Suppression of UV-induced erythema by topical treatment with melatonin: influence of the application time point. *Biol Signals Recept* 1999;8:132-135.
5. Attenburrow ME, Dowling BA, Sharpley AL, Cowen PJ. Case-control study of evening melatonin concentration in primary insomnia. *BMJ* 1996;312:1263-1264.
6. Garfinkel D, Laudon M, Nof D, Zisapel N. Improvement of sleep quality in elderly people by controlled-release melatonin. *Lancet* 1995;346:541-544.
7. Nowak R, McMillen IC, Redman J, Short RV. The correlation between serum and salivary melatonin concentrations and urinary 6-hydroxymelatonin sulphate excretion rates: two non-invasive techniques for monitoring human circadian rhythmicity. *Clin Endocrinol (Oxf)* 1987;27:445-452.
8. Middleton BA, Stone BM, Arendt J. Melatonin and fragmented sleep patterns. *Lancet* 1996;348:551-552.
9. Martin JG, Suzuki M, Maghni K et al. The immunomodulatory actions of prostaglandin E2 on allergic airway responses in the rat. *J Immunol* 2002;169:3963-3969.
10. Martins E Jr, Ligeiro de Oliveira AP, Fialho de Araujo AM et al. Melatonin modulates allergic lung inflammation. *J Pineal Res* 2001;31:363-369.
11. Guardiola-Lemaitre B. Toxicology of melatonin. *J Biol Rhythms* 1997;12:697-706.
12. Force RW, Hansen L, Bedell M. Psychotic episode after melatonin. *Ann Pharmacother* 1997;31:1408.
13. Shannon M. Alternative medicines toxicology: a review of selected agents. *J Toxicol Clin Toxicol* 1999;37:709-713.
14. De Bleecker JL, Lamont BH, Verstraete AG, Schelfhout VJ. Melatonin and painful gynecomastia. *Neurology* 1999;53:435-436.
15. Bornman MS, Schulenburg GW, Reif S et al. Seminal plasma melatonin and semen parameters. *S Afr Med J* 1992;81:485-486.
16. Porter LM. Can melatonin cause severe headaches? *RN* 1996;59:75.
17. Lamberg L. Melatonin potentially useful but safety, efficacy remain uncertain. *JAMA* 1996;276:1011-1014.
18. Sheldon SH. Pro-convulsant effects of oral melatonin in neurologically disabled children. *Lancet* 1998;351:1254.
19. Korszun A, Sackett-Lundeen L, Papadopoulos E et al. Melatonin levels in women with fibromyalgia and chronic fatigue syndrome. *J Rheumatol* 1999;26:2675-2680.
20. Wakabayashi H, Shimada K, Satoh T. Effects of diazepam administration on melatonin synthesis in the rat pineal gland in vivo. *Chem Pharm Bull (Tokyo)* 1991;39:2674-2676.
21. McIntyre IM, Norman TR, Burrows GD, Armstrong SM. Alterations to plasma melatonin and cortisol after evening alprazolam administration in humans. *Chronobiol Int* 1993;10:205-213.
22. Monteleone P, Forzati D, Orazzo C, Maj M. Preliminary observations on the suppression of nocturnal plasma melatonin levels by short-term administration of diazepam in humans. *J Pineal Res* 1989;6:253-258.
23. Ferini-Strambi L, Zucconi M, Biella G et al. Effect of melatonin on sleep microstructure: preliminary results in healthy subjects. *Sleep* 1993;16:744-747.
24. Cardinali DP, Gvozdenovich E, Kaplan MR et al. A double blind-placebo controlled study on melatonin efficacy to reduce anxiolytic benzodiazepine use in the elderly. *Neuroendocrinol Lett* 2002;23:55-60.
25. Dagan Y, Zisapel N, Nof D et al. Rapid reversal of tolerance to benzodiazepine hypnotics by treatment with oral melatonin: a case report. *Eur Neuropsychopharmacol* 1997;7:157-160.
26. Steinlechner S, King TS, Champney TH et al. Comparison of the effects of beta-adrenergic agents on pineal serotonin N-acetyltransferase activity and melatonin content in two species of hamsters. *J Pineal Res* 1984;1:23-30.
27. Rommel T, Demisch L. Influence of chronic beta-adrenoreceptor blocker treatment on melatonin secretion and sleep quality in patients with essential hypertension. *J Neural Transm Gen Sect* 1994;95:39-48.
28. Stoschitzky K, Sakotnik A, Lercher P et al. Influence of beta-blockers on melatonin release. *Eur J Clin Pharmacol* 1999;55:111-115.
29. Maestroni GJ, Hertens E, Galli P et al. Melatonin-induced T-helper cell hematopoietic cytokines resembling both interleukin-4 and dynorphin. *J Pineal Res* 1996;21:131-139.
30. Lissoni P, Rovelli F, Meregalli S et al. Melatonin as a new possible anti-inflammatory agent. *J Biol Regul Homeost Agents* 1997;11:157-159.

Citations and Reference Literature: Melatonin

31. Neri B, de Leonardis V, Gemelli MT et al. Melatonin as biological response modifier in cancer patients. *Anticancer Res* 1998;18:1329-1332.
32. Lissoni P. Modulation of anticancer cytokines IL-2 and IL-12 by melatonin and the other pineal indoles 5-methoxytryptamine and 5-methoxytryptophol in the treatment of human neoplasms. *Ann N Y Acad Sci* 2000;917:560-567.
33. Liu F, Ng TB, Fung MC. Pineal indoles stimulate the gene expression of immunomodulating cytokines. *J Neural Transm* 2001;108:397-405.
34. Rosales-Corral S, Tan DX, Reiter RJ et al. Orally administered melatonin reduces oxidative stress and proinflammatory cytokines induced by amyloid-beta peptide in rat brain: a comparative, *in vivo* study versus vitamin C and E. *J Pineal Res* 2003;35:80-84.
35. Neri B, Fiorelli C, Moroni F et al. Modulation of human lymphoblastoid interferon activity by melatonin in metastatic renal cell carcinoma: a phase II study. *Cancer* 1994;73:3015-3019.
36. Brackowski R, Zubelewicz B, Romanowski W et al. Preliminary study on modulation of the biological effects of tumor necrosis factor-alpha in advanced cancer patients by the pineal hormone melatonin. *J Biol Regul Homeost Agents* 1994;8:77-80.
37. Lissoni P, Meregalli S, Nosetto L et al. Increased survival time in brain glioblastomas by a radioneuroendocrine strategy with radiotherapy plus melatonin compared to radiotherapy alone. *Oncology* 1996;53:43-46.
38. Lissoni P, Barni S, Ardizzoia A et al. A randomized study with the pineal hormone melatonin versus supportive care alone in patients with brain metastases due to solid neoplasms. *Cancer* 1994;73:699-701.
39. Lissoni P, Paolorossi F, Ardizzoia A et al. A randomized study of chemotherapy with cisplatin plus etoposide versus chemoendocrine therapy with cisplatin, etoposide and the pineal hormone melatonin as a first-line treatment of advanced non-small cell lung cancer patients in a poor clinical state. *J Pineal Res* 1997;23:15-19.
40. Lissoni P, Tancini G, Barni S et al. Treatment of cancer chemotherapy-induced toxicity with the pineal hormone melatonin. *Support Care Cancer* 1997;5:126-129.
41. Lissoni P, Barni S, Mandala M et al. Decreased toxicity and increased efficacy of cancer chemotherapy using the pineal hormone melatonin in metastatic solid tumour patients with poor clinical status. *Eur J Cancer* 1999;35:1688-1692.
42. Lissoni P, Malugani F, Bukovec R et al. Reduction of cisplatin-induced anemia by the pineal indole 5-methoxytryptamine in metastatic lung cancer patients. *Neuroendocrinol Lett* 2003;24:83-85.
43. Cerea G, Vaghi M, Ardizzoia A et al. Biomodulation of cancer chemotherapy for metastatic colorectal cancer: a randomized study of weekly low-dose irinotecan alone versus irinotecan plus the oncostatic pineal hormone melatonin in metastatic colorectal cancer patients progressing on 5-fluorouracil-containing combinations. *Anticancer Res* 2003;23:1951-1954.
44. Agapito MT, Antolin Y, del Brio MT et al. Protective effect of melatonin against Adriamycin toxicity in the rat. *J Pineal Res* 2001;31:23-30.
45. Parlakpinar H, Sahna E, Ozer MK et al. Physiological and pharmacological concentrations of melatonin protect against cisplatin-induced acute renal injury. *J Pineal Res* 2002;33:161-166.
46. Liu X, Chen Z, Chua CC et al. Melatonin as an effective protector against doxorubicin-induced cardiotoxicity. *Am J Physiol Heart Circ Physiol* 2002;283:H254-263.
47. Birdsall TC, Alschuler LN, Martin J et al. Effect of concomitant naturopathic therapies on clinical tumor response to external beam radiation therapy for prostate cancer. Society of Integrative Oncology's Third International Conference. Boston; 2006.
48. Mori W, Aoyama H, Mori N. Melatonin protects rats from injurious effects of a glucocorticoid, dexamethasone. *Jpn J Exp Med* 1984;54:255-261.
49. Demisch L, Demisch K, Nickelsen T. Influence of dexamethasone on nocturnal melatonin production in healthy adult subjects. *J Pineal Res* 1988;5:317-322.
50. Zawilska JB, Sadowska M. Prolonged treatment with glucocorticoid dexamethasone suppresses melatonin production by the chick pineal gland and retina. *Pol J Pharmacol* 2002;54:61-66.
51. Pawlikowski M, Kolomecka M, Wojtczak A, Karasek M. Effects of six months melatonin treatment on sleep quality and serum concentrations of estradiol, cortisol, dehydroepiandrosterone sulfate, and somatomedin C in elderly women. *Neuroendocrinol Lett* 2002;23 Suppl 1:17-19.
52. Yu AM, Idle JR, Byrd LG et al. Regeneration of serotonin from 5-methoxytryptamine by polymorphic human CYP2D6. *Pharmacogenetics* 2003;13:173-181.
53. Childs PA, Rodin I, Martin NJ et al. Effect of fluoxetine on melatonin in patients with seasonal affective disorder and matched controls. *Br J Psychiatry* 1995;166:196-198.
54. Walsh HA, Daya S. Influence of the antidepressants desipramine and fluoxetine on tryptophan-2,3-dioxygenase in the presence of exogenous melatonin. *Life Sci* 1998;62:2417-2423.
55. Miller HL, Ekstrom RD, Mason GA et al. Noradrenergic function and clinical outcome in antidepressant pharmacotherapy. *Neuropsychopharmacology* 2001;24:617-623.

Citations and Reference Literature: Melatonin

56. Von Bahr C, Ursing C, Yasui N et al. Fluvoxamine but not citalopram increases serum melatonin in healthy subjects—an indication that cytochrome P450 CYP1A2 and CYP2C19 hydroxylate melatonin. *Eur J Clin Pharmacol* 2000;56:123-127.
57. Hartter S, Wang X, Weigmann H et al. Differential effects of fluvoxamine and other antidepressants on the biotransformation of melatonin. *J Clin Psychopharmacol* 2001;21:167-174.
58. Faccioli G, Hidestrand M, von Bahr C, Tybring G. Cytochrome P450 isoforms involved in melatonin metabolism in human liver microsomes. *Eur J Clin Pharmacol* 2001;56:881-888.
59. Grozinger M, Hartter S, Wang X et al. Fluvoxamine strongly inhibits melatonin metabolism in a patient with low-amplitude melatonin profile. *Arch Gen Psychiatry* 2000;57:812-813.
60. Shamir E, Barak Y, Shalman I et al. Melatonin treatment for tardive dyskinesia: a double-blind, placebo-controlled, crossover study. *Arch Gen Psychiatry* 2001;58:1049-1052.
61. Lissoni P, Barni S, Cazzaniga M et al. Efficacy of the concomitant administration of the pineal hormone melatonin in cancer immunotherapy with low-dose IL-2 in patients with advanced solid tumors who had progressed on IL-2 alone. *Oncology* 1994;51:344-347.
62. Bregani ER, Lissoni P, Rossini F et al. Prevention of interleukin-2-induced thrombocytopenia during the immunotherapy of cancer by a concomitant administration of the pineal hormone melatonin. *Recenti Prog Med* 1995;86:231-233.
63. Lissoni P, Barni S, Brivio F et al. Treatment of cancer-related thrombocytopenia by low-dose subcutaneous interleukin-2 plus the pineal hormone melatonin: a biological phase II study. *J Biol Regul Homeost Agents* 1995;9:52-54.
64. Lissoni P, Barni S, Fossati V et al. A randomized study of neuroimmunotherapy with low-dose subcutaneous interleukin-2 plus melatonin compared to supportive care alone in patients with untreatable metastatic solid tumour. *Support Care Cancer* 1995;3:194-197.
65. Lissoni P, Barni S, Brivio F et al. A biological study on the efficacy of low-dose subcutaneous interleukin-2 plus melatonin in the treatment of cancer-related thrombocytopenia. *Oncology* 1995;52:360-362.
66. Lissoni P, Pittalis S, Rovelli F et al. Interleukin-2, melatonin and interleukin-12 as a possible neuroimmune combination in the biotherapy of cancer. *J Biol Regul Homeost Agents* 1995;9:63-66.
67. Lissoni P, Bolis S, Brivio F, Fumagalli L. A phase II study of neuroimmunotherapy with subcutaneous low-dose IL-2 plus the pineal hormone melatonin in untreatable advanced hematologic malignancies. *Anticancer Res* 2000;20:2103-2105.
68. Lissoni P, Mandala M, Brivio F. Abrogation of the negative influence of opioids on IL-2 immunotherapy of renal cell cancer by melatonin. *Eur Urol* 2000;38:115-118.
69. Lissoni P, Malugani F, Malysheva O et al. Neuroimmunotherapy of untreatable metastatic solid tumors with subcutaneous low-dose interleukin-2, melatonin and naltrexone: modulation of interleukin-2-induced antitumor immunity by blocking the opioid system. *Neuroendocrinol Lett* 2002;23:341-344.
70. Palazidou E, Papadopoulos A, Sitsen A et al. An alpha 2 adrenoceptor antagonist, Org 3770, enhances nocturnal melatonin secretion in man. *Psychopharmacology (Berl)* 1989;97:115-117.
71. Murphy PJ, Myers BL, Badia P. Nonsteroidal anti-inflammatory drugs alter body temperature and suppress melatonin in humans. *Physiol Behav* 1996;59:133-139.
72. Blask DE, Wilson ST, Zalatan F. Physiological melatonin inhibition of human breast cancer cell growth in vitro: evidence for a glutathione-mediated pathway. *Cancer Res* 1997;57:1909-1914.
73. Lissoni P, Barni S, Meregalli S et al. Modulation of cancer endocrine therapy by melatonin: a phase II study of tamoxifen plus melatonin in metastatic breast cancer patients progressing under tamoxifen alone. *Br J Cancer* 1995;71:854-856.
74. Lissoni P, Paolorossi F, Tancini G et al. A phase II study of tamoxifen plus melatonin in metastatic solid tumour patients. *Br J Cancer* 1996;74:1466-1468.
75. Garcia JJ, Reiter RJ, Ortiz GG et al. Melatonin enhances tamoxifen's ability to prevent the reduction in microsomal membrane fluidity induced by lipid peroxidation. *J Membr Biol* 1998;162:59-65.
76. Rato AG, Pedrero JG, Martinez MA et al. Melatonin blocks the activation of estrogen receptor for DNA binding. *FASEB J* 1999;13:857-868.
77. Hermann R, Podhajsky S, Jungnickel S, Lerchl A. Potentiation of antiproliferative effects of tamoxifen and ethanol on mouse hepatoma cells by melatonin: possible involvement of mitogen-activated protein kinase and induction of apoptosis. *J Pineal Res* 2002;33:8-13.
78. Czeczuga-Semeniuk E, Wolczynski S, Anchim T et al. Effect of melatonin and all-trans retinoic acid on the proliferation and induction of the apoptotic pathway in the culture of human breast cancer cell line MCF-7. *Pol J Pathol* 2002;53:59-65.
79. Lissoni P, Cazzaniga M, Tancini G et al. Reversal of clinical resistance to LHRH analogue in metastatic prostate cancer by the pineal hormone melatonin: efficacy of LHRH analogue plus melatonin in patients progressing on LHRH analogue alone. *Eur Urol* 1997;31:178-181.

Citations and Reference Literature: Melatonin

80. Wikner J, Wetterberg L, Rojdmark S. Does hypercalcaemia or calcium antagonism affect human melatonin secretion or renal excretion? *Eur J Clin Invest* 1997;27:374-379.
81. Weekley LB. Melatonin-induced relaxation of rat aorta: interaction with adrenergic agonists. *J Pineal Res* 1991;11:28-34.
82. Esrefoglu M, Kurus M, Sahna E. The beneficial effect of melatonin on chronic cyclosporin A nephrotoxicity in rats. *J Int Med Res* 2003;31:42-44.
83. Singh P, Bhargava VK, Garg SK. Effect of melatonin and beta-carotene on indomethacin induced gastric mucosal injury. *Indian J Physiol Pharmacol* 2002;46:229-234.
84. Raskin NH, Fishman RA. Pyridoxine-deficiency neuropathy due to hydralazine. *N Engl J Med* 1965;273:1182-1185.
85. Haspels AA, Bennink HJ, Schreurs WH. Disturbance of tryptophan metabolism and its correction during oestrogen treatment in postmenopausal women. *Maturitas* 1978;1:15-20.
86. Bermond P. Therapy of side effects of oral contraceptive agents with vitamin B6. *Acta Vitaminol Enzymol* 1982;4:45-54.
87. Shimizu T, Maeda S, Arakawa H et al. Relation between theophylline and circulating vitamin levels in children with asthma. *Pharmacology* 1996;53:384-389.
88. Mydlík M, Derzsiova K, Zemberová E. Metabolism of vitamin B6 and its requirement in chronic renal failure. *Kidney Int Suppl* 1997;62:S56-S59.
89. Ekman AC, Leppaluoto J, Huttunen P et al. Ethanol inhibits melatonin secretion in healthy volunteers in a dose-dependent randomized double blind cross-over study. *J Clin Endocrinol Metab* 1993;77:780-783.
90. Honma K, Kohsaka M, Fukuda N et al. Effects of vitamin B12 on plasma melatonin rhythm in humans: increased light sensitivity phase-advances the circadian clock? *Experientia* 1992;48:716-720.

Reference Literature

- Agapito MT, Antolin Y, del Brio MT, et al. Protective effect of melatonin against adriamycin toxicity in the rat. *J Pineal Res* 2001;31(1): 23-30.
- Allegra M, Reiter RJ, Tan DX, et al. The chemistry of melatonin's interaction with reactive species. *J Pineal Res* 2003;34(1):1-10. (Review)
- Andlauer P, Reinberg A, Fouree L, et al. Amplitude of the oral temperature circadian rhythm and the tolerance to shift-work. *J Physiol* 1979;75:507-512.
- Anisomov VN, Bondarenko LA, Khavinson VK, et al. The pineal peptides: interactions with indoles and the role in aging and cancer. *Neuroendocrinol Lett* 1989;11:235.
- Anton-Tay F. Melatonin: effects on brain function. *Adv Biochem Psychopharmacol* 1974;11:315-324.
- Arangino S, Cagnacci A, Angiolucci M, et al. Effects of melatonin on vascular reactivity, catecholamine levels, and blood pressure in healthy men. *Am J Cardiol* 1999;83:1417-1419.
- Arendt J. Melatonin. *Clin Endocrinol* 1998;29:205-229.
- Arendt J. Melatonin assay in body fluids. *J Neural Transm Suppl* 1978;13:265-278.
- Arendt J. Safety of melatonin in long-term use? *J Biol Rhythms* 1997;12:673-681. (Review)
- Arendt J, Aldhous M, English J, et al. Some effects of jet-lag and their alleviation by melatonin. *Ergonomics* 1987;30:1379-1393.
- Arendt J, Aldhous M, Wright J. Synchronisation of a disturbed sleep-wake cycle in a blind man by melatonin treatment. *Lancet* 1988;1:772-773. (Letter)
- Arendt J, Bojkowski C, Franey C, et al. Immunoassay of 6-hydroxymelatonin sulphate in human plasma and urine: abolition of the urinary 24-hour rhythm with atenolol. *J Clin Endocrinol Metab* 1985;60:1166-1173.
- Arendt J, Marks V. Can melatonin alleviate jet lag? *Br Med J* 1983;287:426.
- Arendt J, Wirz-Justice A, Bradtke J. Annual rhythm of serum melatonin in man. *Neurosci Lett* 1977;7:327-330.
- Attele AS, Xie JT, Yuan CS. Treatment of insomnia: an alternative approach. *Altern Med Rev* 2000;5(3):249-259.
- Attenburrow ME, et al. Low dose melatonin improves sleep in healthy middle-aged subjects. *Psychopharmacology (Berl)* 1996;126(2): 179-181.
- Avery D, Lenz M, Landis C. Guidelines for prescribing melatonin. *Ann Med* 1998;30(1):122-130.
- Bangha E, Elsner P, Kistler GS. Suppression of UV-induced erythema by topical treatment with melatonin (N-acetyl-5-methoxytryptamine): a dose response study. *Arch Dermatol Res* 1996;288(9):522-526.
- Barchas J, DaCosta F, Spector S. Acute pharmacology of melatonin. *Nature* 1967;214:919-920.

Citations and Reference Literature: Melatonin

- Bardia A, Tleyjeh IJ, Cerhan JR, et al. Does antioxidant supplementation reduce primary cancer incidence and mortality? Systematic review and meta analysis. Abstract A159. American Association for Cancer Research, Frontiers in Cancer Prevention Research meeting. Boston, Nov 13, 2006.
- Barlow-Walden L, Chuang J, Ortiz GG, et al. A review of the evidence supporting melatonin's role as an antioxidant. *J Pineal Res* 1995;18(1):1-11.
- Barlow-Walden LR, Reiter RJ, Abe M, et al. Melatonin stimulates brain glutathione peroxidase activity. *Neurochem Int* 1995;26(5):497-502.
- Bartsch C, Bartsch H. Significance of melatonin in malignant disease. *Wien Klin Wochenschr* 1997;109(18):722-729.
- Bartsch C, Bartsch H. The anti-tumor activity of pineal melatonin and cancer enhancing life styles in industrialized societies. *Cancer Causes Control* 2006;17(4):559-571. (Review)
- Bartsch C, Bartsch H, Blask DE, et al, eds. The pineal gland and cancer: neuroimmunoendocrine mechanisms in malignancy. 1st ed. Berlin: Springer Verlag; 2001.
- Bartsch C, Bartsch H, Jain AK, et al. Urinary melatonin levels in breast cancer patients. *J Neural Transm* 1981;52:281-294.
- Baumgaertel A. Alternative and controversial treatments for attention-deficit/hyperactivity disorder. *Pediatr Clin North Am* 1999;46(5):977-992.
- Bazil CW, Short D, Crispin D, et al. Patients with intractable epilepsy have low melatonin, which increases following seizures. *Neurology* 2000;55(11):1746-1748.
- Beck-Friis J, Kjellman BF, Aperia B, et al. Serum melatonin in relation to clinical variables in patients with major depressive disorder and a hypothesis of a low melatonin syndrome. *Acta Psychiatr Scand* 1985;71(4):319-330.
- Beck-Friis J, Ljunggren JG, Thoren M, et al. Melatonin, cortisol and ACTH in patients with major depressive disorder and healthy humans with special reference to the outcome of the dexamethasone suppression test. *Psychoneuroendocrinology* 1985;10(2):173-186.
- Bekaroglu M, Aslan Y, Gedik Y. Relationships between serum free fatty acids and zinc, and attention deficit hyperactivity disorder: a research note. *J Child Psychol Psychiatry* 1996;37(2):225-227.
- Bellipanni G, Bianchi P, Pierpaoli W, et al. Effects of melatonin in perimenopausal and menopausal women: a randomized and placebo controlled study. *Exp Gerontol* 2001;36(2):297-310.
- Ben-Nathan D, Maestroni GJ, Lustig S, et al. Protective effects of melatonin in mice infected with encephalitis viruses. *Arch Virol* 1995;140(2):223-230.
- Beni SM, Kohen R, Reiter RJ, et al. Melatonin-induced neuroprotection after closed head injury is associated with increased brain antioxidants and attenuated late-phase activation of NF-kappaB and AP-1. *FASEB J* 2004;18(1):149-151.
- Benshushan A, Brzezinski A. Hormonal manipulations and breast cancer. *Obstet Gynecol Surv* 2002;57(5):314-323. (Review)
- Blaicher W, Speck E, Imhof MH, et al. Melatonin in postmenopausal females. *Arch Gynecol Obstet* 2000;263(3):116-118.
- Blask DE, Cos S, Hill SM, et al. Melatonin action on oncogenesis. In: Fraschini F, Reiter RJ, eds. Role of melatonin and pineal peptides in neuroimmunomodulation. New York: Plenum; 1991:233-240.
- Blask DE, Dauchy RT, Sauer LA. Putting cancer to sleep at night: the neuroendocrine/circadian melatonin signal. *Endocrine* 2005;27(2):179-188. (Review)
- Blask DE, Hill SM. Melatonin and cancer: basic and clinical aspects. In: Miles A, Philbrick DRS, Thompson C, eds. Melatonin: clinical aspects. Oxford: Oxford University Press; 1988:125-173.
- Blau JN, Engel HO. A new cluster headache precipitant: increased body heat. *Lancet* 1999;354:1001-1002.
- Block KI. Why integrative therapies? *Integr Cancer Ther* 2006;5(1):53-56. (Editorial)
- Block KI, Koch AC, Mead MN, et al: Impact of antioxidant supplementation on chemotherapeutic efficacy: a systematic review of the evidence from randomized controlled trials. *Cancer Treat Rev* 2007;33(5):407-418. Epub 2007 March 23.
- Bonilla E, Valero-Fuenmayor N, Pons H, et al. Melatonin protects mice infected with Venezuelan equine encephalomyelitis virus. *Cell Mol Life Sci* 1997;53(5):430-434.
- Bonnefont-Rousselot D, Cheve G, Gozzo A, et al. Melatonin related compounds inhibit lipid peroxidation during copper or free radical-induced LDL oxidation. *J Pineal Res* 2002;33:109-117.
- Borjigin J, Deng J. Diurnal 5-HT production and melatonin formation. In: Pandi-Perumal SR, Cardinali D, eds. Melatonin: biological basis of its function in health and disease. Georgetown, TX: Landes Bioscience; 2004.
- Brouwer CAJ, Gietema JA, van den Berg MP, et al. Long-term cardiac follow-up in survivors of a malignant bone tumour. *Ann Oncol* 2006;17(10):1586-1591.
- Brzezinski A. Melatonin in health and disease. *Fertil Steril* 1991;55(5):1025. (Review)
- Brzezinski A. Melatonin in humans. *N Engl J Med* 1997;336(3):186-195. (Review)
- Brzezinski A. "Melatonin replacement therapy" for postmenopausal women: is it justified? *Menopause* 1998;5(1):60-64. (Review)

Citations and Reference Literature: Melatonin

- Brzezinski A. The “darkness hormone”. *Fertil Steril* 1993;60(5):927-928.
- Brzezinski A, Cohen M, Ever-Hadani P, et al. The pattern of serum melatonin levels during ovarian stimulation for in vitro fertilization. *Int J Fertil Menopausal Stud* 1994;39(2):81-85.
- Brzezinski A, Fibich T, Cohen M, et al. Effects of melatonin on progesterone production by human granulosa lutein cells in culture. *Fertil Steril* 1992;58(3):526-529.
- Brzezinski A, Lynch HJ, Seibel MM, et al. The circadian rhythm of plasma melatonin during the normal menstrual cycle and in amenorrheic women. *J Clin Endocrinol Metab* 1988;66(5):891-895.
- Brzezinski A, Lynch HJ, Wurtman RJ, et al. Possible contribution of melatonin to the timing of the luteinizing hormone surge. *N Engl J Med* 1987;316(24):1550-1551.
- Brzezinski A, Seibel MM, Lynch HJ, et al. Melatonin in human preovulatory follicular fluid. *J Clin Endocrinol Metab* 1987;64(4):865-867.
- Brzezinski A, Vangel MG, Wurtman RJ, et al. Effects of exogenous melatonin on sleep: a meta-analysis. *Sleep Med Rev* 2005;9(1):41-50.
- Brzezinski A, Wurtman RJ. The pineal gland: its possible roles in human reproduction. *Obstet Gynecol Surv* 1988;43(4):197-207. (Review)
- Brown GM. Light, melatonin and the sleep-wake cycle. *J Psychiatr Neurosci* 1994;19(5):345-351.
- Brown R, Kocsis JH, Caroff S, et al. Differences in nocturnal melatonin secretion between melancholic depressed patients and control subjects. *Am J Psychiatry* 1985;142:811-813.
- Brugge P, Mark HW, Harold M. Impaired nocturnal secretion of melatonin in coronary heart disease. *Lancet* 345(8962):1408.
- Bubenik GA. Gastrointestinal melatonin: localization, function, and clinical relevance. *Dig Dis Sci* 2002;47:2336-2348.
- Bubenik GA. Localization, physiological significance and possible clinical implications of gastrointestinal melatonin. *Biol Signals Recept* 2001;10:350-366.
- Buscemi N, Vandermeer B, Hooton N, et al. Efficacy and safety of exogenous melatonin for secondary sleep disorders and sleep disorders accompanying sleep restriction: meta-analysis. *BMJ* 2006;332(7538):385-393. (Meta-analysis)
- Buscemi N, Vandermeer B, Hooton N, et al. The efficacy and safety of exogenous melatonin for primary sleep disorders: a meta-analysis. *J Gen Intern Med* 2005;20(12):1151-1158. (Meta-analysis)
- Bylesjo I, Forsgren L, Wetterberg L. Melatonin and epileptic seizures in patients with acute intermittent porphyria. *Epileptic Disord* 2000;2(4):203-208.
- Cagnacci A. Melatonin in relation to physiology in adult humans. *J Pineal Res* 1996;21:200-213. (Review)
- Cagnacci A, Arangino S, Angiolucci M, et al. Influences of melatonin administration on the circulation of women. *Am J Physiol* 1998;274(2 Pt 2):R335-R338.
- Cagnacci A, Arangino S, Angiolucci M, et al. Potentially beneficial cardiovascular effects of melatonin administration in women. *J Pineal Res* 1997;22(1):16-19.
- Cagnacci A, Arangino S, Malmusi S, et al. Melatonin in aged women: possible modulation by estrogens. *Aging (Milano)* 1997;9(4 Suppl):62-63. (Review)
- Cagnacci A, Cannella M, Renzi A, et al. Prolonged melatonin administration decreases nocturnal blood pressure in women. *Am J Hypertens* 2005;18(12 Pt 1):1614-1618.
- Cagnacci A, Krauchi K, Wirz-Justice A, et al. Homeostatic versus circadian effects of melatonin on core body temperature in humans. *J Biol Rhythms* 1997;12(6):509-517. (Review)
- Cagnacci A, Soldani R, Yen SS. Exogenous melatonin enhances luteinizing hormone levels of women in the follicular but not in the luteal menstrual phase. *Fertil Steril* 1995;63(5):996-999.
- Cagnacci A, Soldani R, Yen SS. Melatonin enhances cortisol levels in aged women: reversible by estrogens. *J Pineal Res* 1997;22(2):81-85.
- Cagnoni ML, Lombardi A, Cerinic MC, et al. Melatonin for treatment of chronic refractory sarcoidosis. *Lancet* 1995;346(4):1299-1230. (Letter)
- Capsoni S, Stankov BM, Fraschini F. Reduction of regional cerebral blood flow by melatonin in young rats. *Neuroreport* 1995;6:1346-1348.
- Cardinali DP, Bortman GP, Liotta G, et al. A multifactorial approach employing melatonin to accelerate resynchronization of sleep-wake cycle after a 12 time-zone westerly transmeridian flight in elite soccer athletes. *J Pineal Res* 2002;32(1):41-46.
- Cardoso SM, Oliveira CR. Glutathione cycle impairment mediates A beta-induced cell toxicity. *Free Radic Res* 2003;37(3):241-250.

Citations and Reference Literature: Melatonin

- Carlson LE, Speca M, Patel KD, et al. Mindfulness-based stress reduction in relation to quality of life, mood, symptoms of stress and levels of cortisol, dehydroepiandrosterone sulfate (DHEAS) and melatonin in breast and prostate cancer outpatients. *Psychoneuroendocrinology* 2004;29(4):448-474.
- Carman JS, Post RM, Roswell R, et al. Negative effects of melatonin on depression. *Am J Psychiatry* 1976;133:1181-1183.
- Carrillo-Vico A, Calvo JR, Abreu P, et al. Evidence of melatonin synthesis by human lymphocytes and its physiological significance: possible role as intracrine, autocrine, and/or paracrine substance. *FASEB J* 2004;306:941-1111.
- Cauffield JS, Forbes HJ. Dietary supplements used in the treatment of depression, anxiety, and sleep disorders. *Lippincotts Primary Care Pract* 1999;3(3):290-304.
- Chase JE, Gidal BE. Melatonin: therapeutic use in sleep disorders. *Ann Pharmacother* 1997;31:1218-1225.
- Chuang JI, Chen SS, Lin MT. Melatonin decreases brain serotonin release, arterial pressure and heart rate in rats. *Pharmacology* 1993;47:91-97.
- Citera G, Arias MA, Maldonado-Cocco JA, et al. The effect of melatonin in patients with fibromyalgia: a pilot study. *Clin Rheumatol* 2000;19(1):9-13.
- Claustre B, Brun J, Chiquet C, et al. Melatonin secretion is supersensitive to light in migraine. *Cephalgia* 2004;24(2):128-133.
- Claustre B, Brun J, David M, et al. Melatonin and jet lag: confirmatory result using a simplified protocol. *Biol Psychiatry* 1992;32(8):705-711.
- Cohen M, Small RA, Brzezinski A. Hypotheses: melatonin/steroid combination contraceptives will prevent breast cancer. *Breast Cancer Res Treat* 1995;33(3):257-264.
- Coker KH. Meditation and prostate cancer: integrating a mind/body intervention with traditional therapies. *Semin Urol Oncol* 1999;17(2):111-118.
- Cornelissen G, Halberg F, Burioka N, et al. Do plasma melatonin concentrations decline with age? *Am J Med* 2000;109(4):343-345.
- Cos S, Gonzalez A, Guezmes A, et al. Melatonin inhibits the growth of DMBA-induced mammary tumors by decreasing the local biosynthesis of estrogens through the modulation of aromatase activity. *Int J Cancer* 2006;118(2):274-278.
- Cos S, Gonzalez A, Martinez-Campa C, et al. Estrogen-signaling pathway: a link between breast cancer and melatonin oncostatic actions. *Cancer Detect Prev* 2006;30(2):118-128. (Review)
- Cos S, Sanchez-Barcelo EJ. Melatonin and mammary pathological growth. *Front Neuroendocrinol* 2000;21:133-170.
- Cos S, Sanchez-Barcelo EJ. Melatonin, experimental basis for a possible application in breast cancer prevention and treatment. *Histol Histopathol* 2000;15:637-647.
- Crasson M, Kjiri S, Colin A, et al. Serum melatonin and urinary 6-sulfatoxymelatonin in major depression. *Psychoneuroendocrinology* 2004;29:1-12. (Abstract)
- Dahlitz M, Alvarez B, Vignau J, et al. Delayed sleep phase syndrome response to melatonin. *Lancet* 1991;337(8750):1121-1124.
- Das Gupta TK. Influence of the pineal gland on the growth and spread of malignant tumors. *Surg Forum* 1965;19:83-84.
- Das Gupta TK, Terz J. Influence of the pineal gland on the growth and spread of malignant tumors. *Surg Forum* 1967;27:1306-1311.
- Danforth DN Jr, et al. Plasma melatonin and the hormone-dependency of human breast cancer. *J Clin Oncol* 1985;3(7):941-948.
- Daya S, Nonaka KO, Buzzell GR, et al. Heme precursor 5-aminolevulinic acid alters brain tryptophan and serotonin levels without changing pineal serotonin and melatonin concentrations. *J Neurosci Res* 1989;23(3):304-309.
- Delagrange P, Jockers R. Melatonin and energy homeostasis: peripheral versus central regulation. *Minerva Endocrinol* 2003;28(4):313-320.
- Dolberg OT, Hirschmann S, Grunhaus L. Melatonin for the treatment of sleep disturbances in major depressive disorder. *Am J Psychiatry* 1998;155:1119-1121.
- Dollins AB, Lynch HJ, Wurtman RJ, et al. Effect of pharmacological daytime doses of melatonin on human mood and performance. *Psychopharmacology (Berl)* 1993;112(4):490-496.
- Dollins AB, Zhdanova IV, Wurtman RJ, et al. Effect of inducing nocturnal serum melatonin concentrations in daytime on sleep, mood, body temperature, and performance. *Proc Natl Acad Sci U S A* 1994;91(5):1824-1828.
- Dreher F, Denig N, Gabard B, et al. Effect of topical antioxidants on UV-induced erythema formation when administered after exposure. *Dermatology* 1999;198(1):52-55.
- Dreher F, Gabard B, Schwindt DA, et al. Topical melatonin in combination with vitamins E and C protects skin from ultraviolet-induced erythema: a human study in vivo. *Br J Dermatol* 1998;139(2):332-339.
- Dubbels R, Reiter RJ, Goebel A, et al. Melatonin in edible plants identified by radioimmunoassay and by high performance liquid chromatography-mass spectrometry. *J Pineal Res* 1995;18:28-31.
- Eck-Enriquez K, Kiefer TL, Spriggs LL, et al. Pathways through which a regimen of melatonin and retinoic acid induces apoptosis in MCF-7 human breast cancer cells. *Breast Cancer Res Treat* 2000;61(3):229-239.

Citations and Reference Literature: Melatonin

- Fauteck J, Schmidt H, Lerchl A, et al. Melatonin in epilepsy: first results of replacement therapy and first clinical results. *Biol Signals Recept* 1999;8(1-2):105-110.
- Fellenberg AJ, Phillipou C, Seemark RE. Measurement of urinary production rates of melatonin as an index of human pineal function. *Endocr Res Comm* 1980;7:167-175.
- Fevre-Montange M, van Cauter E, Refetoff S, et al. Effects of 'jet lag' on hormonal patterns: II: adaptation of melatonin circadian periodicity. *J Clin Endocrinol Metab* 1981;52:642-649.
- Folkard S, Arendt J, Clark M. Can melatonin improve shift workers' tolerance of the night shift? Some preliminary findings. *Chronobiol Int* 1993;10:315-320.
- Forsling ML, Williams AJ. The effects of exogenous melatonin on stimulated neurohypophysial hormone release in man. *Clin Endocrinol (Oxf)* 2002;57:615-620.
- Forsling ML, Wheeler MJ, Williams AJ. The effect of melatonin administration on pituitary hormone secretion in man. *Clin Endocrinol (Oxf)* 1999;51(5):637-642.
- Fountoulakis KN, Karamouzis M, Iacovides A, et al. Morning and evening plasma melatonin and dexamethasone suppression test in patients with nonseasonal major depressive disorder from northern Greece (latitude 40-41.5 degrees). *Neuropsychobiology* 2001;44(3):113-117.
- Fowler G, Daroszewska M, Ingold KU. Melatonin does not "directly scavenge hydrogen peroxide": demise of another myth. *Free Radic Biol Med* 2003;34:77-83.
- Fraschini F, Demartini G, Esposti D, et al. Melatonin involvement in immunity and cancer. *Biol Signals Recept* 1998;7(1):61-72.
- Gagnier JJ. The therapeutic potential of melatonin in migraines and other headache types. *Altern Med Rev* 2001;6(4):383-389. (Review)
- Garfinkel D, Zisapel N, Wainstein J, et al. Facilitation of benzodiazepine discontinuation by melatonin: a new clinical approach. *Arch Intern Med* 1999;159(8):2456-2460.
- Gibb JW, Bush L, Hanson GR. Exacerbation of methamphetamine-induced neurochemical deficits by melatonin. *J Pharmacol Exp Ther* 1997;283:630-635.
- Glazer WM, Woods SW, Goff D. Should sisyphus have taken melatonin? *Arch Gen Psych* 2001;58(11):1054-1055.
- Golden RN, Markey SP, Risby ED, et al. Antidepressants reduce whole-body norepinephrine turnover while enhancing 6-hydroxymelatonin output. *Arch Gen Psychiatry* 1988;45A:150-154.
- Gooneratne NS, Metlay JP, Guo W, et al. The validity and feasibility of saliva melatonin assessment in the elderly. *J Pineal Res* 2003;34:88-94.
- Gordon N. The therapeutics of melatonin: a paediatric perspective. *Brain Dev* 2000;22(4):213-217.
- Grad BR, Rozencwaig R. The role of melatonin and serotonin in aging: update. *Psychoneuroendocrinology* 1993;18(4):283-295.
- Grin W, Grüberger W. A significant correlation between melatonin deficiency and endometrial cancer. *Gynecol Obstet Invest* 1998;45:62-65.
- Grossman E, Laudon M, Yalcin R, et al. Melatonin reduces night blood pressure in patients with nocturnal hypertension. *Am J Med* 2006;119(10):898-902.
- Grundman M, Grundman M, Delaney P. Antioxidant strategies for Alzheimer's disease. *Proc Nutr Soc* 2002;61(2):191-202.
- Guardiola-Lemaitre B. Toxicology of melatonin. *J Biol Rhythms* 1997;12:697-706.
- Guerrero J, Reiter AR. A brief survey of pineal gland-immune system interrelationships. *Endocr Res* 1992;18:91-113.
- Haimov I, Lavie P. Potential of melatonin replacement therapy in older patients with sleep disorders. *Drugs Aging* 1995;7(2):75-78.
- Haimov I, Laudon I, Zisapel N, et al. Sleep disorders and melatonin rhythms in elderly people. *BMJ* 1994;309(6892):167.
- Hariharasubramanian N, Nair NPV, Pilapil C. Circadian rhythm of plasma melatonin and cortisol during the menstrual cycle. In: Brown GM, Wainwright SD, eds. *The pineal gland, endocrine aspects*. Oxford: Pergamon Press; 1985:31-36.
- Hartter S, Wang X, Weigmann H, et al. Differential effects of fluvoxamine and other antidepressants on the biotransformation of melatonin. *J Clin Psychopharmacol* 2001;21(2):167-174.
- Hartter S, Grozinger M, Weigmann H, et al. Increased bioavailability of oral melatonin after fluvoxamine coadministration. *Clin Pharmacol Ther* 2000;67(1):1-6.
- Herrera J, Nava M, Romero F, et al. Melatonin prevents oxidative stress resulting from iron and erythropoietin administration. *Am J Kidney Dis* 2001;37(4):750-757.
- Herxheimer A, Petrie KJ. Melatonin for preventing and treating jet lag. *Cochrane Database Syst Rev* 2001;(1):CD001520.
- Herxheimer A, Waterhouse J. The prevention and treatment of jet lag. *BMJ* 2003;326(7384):296-297.
- Hughes RJ, Sack RL, Lewy AJ. The role of melatonin and circadian phase in age-related sleep maintenance insomnia: assessment in a clinical trial of melatonin replacement. *Sleep* 1998;21:52-68.

Citations and Reference Literature: Melatonin

- Iguchi H, Kato KI, Ibayashi H. Age-dependent reduction in serum melatonin concentrations in healthy human subjects. *J Clin Endocrinol Metab* 1982;55:27-29.
- Illnerova H, Buresova M, Presl J. Melatonin rhythm in human milk. *J Clin Endocrinol Metab* 1993;77:838-841.
- Ivanenko A, Crabtree VM, Tauman R, et al. Melatonin in children and adolescents with insomnia: a retrospective study. *Clin Pediatr (Phila)* 2003;42(1):51-58.
- Jacob S, Poeggeler B, Weishaupt JH, et al. Melatonin as a candidate compound for neuroprotection in amyotrophic lateral sclerosis (ALS): high tolerability of daily oral melatonin in ALS patients. *J Pineal Res* 2002;33:186-187.
- Jacobson JS, Workman SB, Kronenberg F. Research on complementary/alternative medicine for patients with breast cancer: a review of the biomedical literature. *J Clin Oncol* 2000;18(3):668-683. (Review)
- James SP, Sack DA, Rosenthal NE, et al. Melatonin administration in insomnia. *Neuropsychopharmacology* 1990;3(1):19-23.
- Jan JE, Connolly MB, Hamilton D, et al. Melatonin treatment of non-epileptic myoclonus in children. *Dev Med Child Neurol* 1999;41:255-259. (Review)
- Jan JE, Espezel H, Appleton RE. The treatment of sleep disorders with melatonin. *Dev Med Child Neurol* 1994;36(2):97-107.
- Jan JE, Espezel H, Freeman RD, et al. Melatonin treatment of chronic sleep disorders. *J Child Neurol* 1998;13(2):98.
- Jockovich M, Cosentino D, Cosentino L, et al. Effect of exogenous melatonin on mood and sleep efficiency in emergency medicine residents working night shifts. *Acad Emerg Med* 2000;7(8):955-958.
- Kaptanoglu E, Palaoglu S, Demirpence E, et al. Different responsiveness of central nervous system tissues to oxidative conditions and to the antioxidant effects of melatonin. *J Pineal Res* 2003;34:32-35.
- Karasek M, Fraschini F. Is there a role for the pineal gland in neoplastic growth? In: Fraschini F, Reiter RJ, eds. *Role of melatonin and pineal peptides in neuroimmunomodulation*. New York: Plenum; 1991:243-251.
- Karasek M, Reiter RJ. Melatonin and aging. *Neuroendocrinol Lett* 2002;23(Suppl 1):14-16.
- Kayumov L, Brown G, Jindal R, et al. A randomized, double-blind, placebo-controlled crossover study of the effect of exogenous melatonin on delayed sleep phase syndrome. *Psychosom Med* 2001;63(1):40-48.
- Keifer T, Ram PT, Yuan L, et al. Melatonin inhibits estrogen receptor transactivation and cAMP levels in breast cancer cells. *Breast Cancer Res Treat* 2002;71:37-45.
- Kennaway DI, Royles P. Circadian rhythms of 6-sulphatoxy melatonin, cortisol and electrolyte excretion at the summer and winter solstices in normal men and women. *Acta Endocrinol (Copenh)* 1986;113:450-456.
- Kennedy SH. Melatonin disturbances in anorexia nervosa and bulimia nervosa. *Int J Eating Disord* 1994;16:257-265.
- Kennedy SH, Garfinkel PE, Parienti V, et al. Changes in melatonin levels but not cortisol levels are associated with depression in patients with eating disorders. *Arch Gen Psychiatry* 1989;46:74-79.
- Kirkwood CK. Management of insomnia. *J Am Pharm Assoc* 1999;39(1):688-696.
- Klein T, Martens H, Dijk DJ, et al. Circadian sleep regulation in the absence of light perception: chronic non-24-hour circadian rhythm sleep disorder in a blind man with a regular 24-hour sleep-wake schedule. *Sleep* 1993;16(4):333-343.
- Knobil E. The neuroendocrine control of the menstrual cycle. *Recent Prog Horm Res* 1980;36:53-88.
- Kostoglou-Athanassiou I, Treacher DF, Wheeler MJ, et al. Melatonin administration and pituitary hormone secretion. *Clin Endocrinol (Oxf)* 1998;48(1):31.
- Kostrzewska RM, Segura-Aguilar J. Novel mechanisms and approaches in the study of neurodegeneration and neuroprotection. a review. *Neurotoxicol Res* 2003;5(6):375-383. (Review)
- Kunz D, Mahlberg R, Muller C, et al. Melatonin in patients with reduced REM sleep duration: two randomized controlled trials. *J Clin Endocrinol Metab* 2004;89(1):128-134.
- Lagnoux C, Joyeux M, Demenge P, et al. Protective effects of melatonin against ischemia-reperfusion injury in the isolated rat heart. *Life Sci* 2000;66(6):503-509.
- Lee YM, Chen HR, Hsiao G, et al. Protective effects of melatonin on myocardial ischemia/reperfusion injury in vivo. *J Pineal Res* 2002;33:72-80.
- Leger D, Laudon M, Zisapel N. Nocturnal 6-sulfatoxymelatonin excretion in insomnia and its relation to the response to melatonin replacement therapy. *Am J Med* 2004;116(2):91-95.
- Leibenluft E, Feldman-Naim S, Turner EH, et al. Effects of exogenous melatonin administration and withdrawal in five patients with rapid-cycling bipolar disorder. *J Clin Psychiatry* 1997;58(9):383-388.
- Leone M, D'Amico D, Moschiano F, et al. Melatonin versus placebo in the prophylaxis of cluster headache: a double-blind pilot study with parallel groups. *Cephalgia* 1996;16(7):494-496.
- Lewy AJ, Bauer VK, Cutler NL, et al. Melatonin treatment of winter depression: a pilot study. *Psychiatr Res* 1998;77(1):57-61.

Citations and Reference Literature: Melatonin

- Lewy AJ, Sack RL, Singer CM, et al. Winter depression and the phase-shift hypothesis for bright lights therapeutic effects: history, theory, and experimental evidence. *J Biol Rhythms* 1988;3(2):121-134.
- Lewy AJ, Wehr TA, Goodwin FK, et al. Light suppresses melatonin secretion in humans. *Science* 1980;210:1267-1269.
- Lima AC, Louzada PR, De Mello FG, et al. Neuroprotection against Abeta and glutamate toxicity by melatonin: are GABA receptors involved? *Neurotoxicol Res* 2003;5(5):323-327.
- Lissoni P, Barni S, Ardizzoia A, et al. Randomized study with the pineal hormone melatonin versus supportive care alone in advanced nonsmall cell lung cancer resistant to a first-line chemotherapy containing cisplatin. *Oncology* 1992;49:336-339.
- Lissoni P, Barni S, Cattaneo G, et al. Clinical results with the pineal hormone melatonin in advanced cancer resistant to standard antitumor therapies. *Oncology* 1991;48(6):448-450.
- Lissoni P, Barni S, Mandala M, et al. Decreased toxicity and increased efficacy of cancer chemotherapy using the pineal hormone melatonin in metastatic solid tumour patients with poor clinical status. *Eur J Cancer* 1999;35(12):1688-1692.
- Lissoni P, Barni S, Tancini G, et al. A randomised study with subcutaneous low-dose interleukin 2 alone vs interleukin 2 plus the pineal neurohormone melatonin in advanced solid neoplasms other than renal cancer and melanoma. *Br J Cancer* 1994;69(1):196-199.
- Lissoni P, Brivio O, Brivio F, et al. Adjuvant therapy with the pineal hormone melatonin in patients with lymph node relapse due to malignant melanoma. *J Pineal Res* 1996;21:239-242.
- Lissoni P, Chilelli M, Villa S, et al. Five years survival in metastatic non-small cell lung cancer patients treated with chemotherapy alone or chemotherapy and melatonin: a randomized trial. *J Pineal Res* 2003;35(1):12-15.
- Lissoni P, Giani L, Zerbini S, et al. Biotherapy with the pineal immunomodulating hormone melatonin versus melatonin plus aloe vera in untreatable advanced solid neoplasms. *Nat Immunol* 1998;16(1):27-33.
- Lissoni P, Malugani F, Bukovec R, et al. Reduction of cisplatin-induced anemia by the pineal indole 5-methoxytryptamine in metastatic lung cancer patients. *Neuro Endocrinol Lett* 2003;24(1-2):83-85.
- Lissoni P, Mandala M, Rossini F, et al. Growth factors: thrombopoietic property of the pineal hormone melatonin. *Hematology* 1999;4(4):335-343.
- Lissoni P, Meregalli S, Fossati V, et al. A randomized study of immunotherapy with low-dose subcutaneous interleukin-2 plus melatonin vs chemotherapy with cisplatin and etoposide as first-line therapy for advanced non-small cell lung cancer. *Tumori* 1994;80(6):464-467.
- Lissoni P, Paolorossi F, Tancini G, et al. Is there a role for melatonin in the treatment of neoplastic cachexia? *Eur J Cancer* 1996;32A(8):1340-1343.
- Lissoni P, Rovelli F, Pittalis S, et al. [Therapy with melatonin does not suppress its endogenous production in healthy volunteers.] *Recenti Prog Med* 1999;90(2):84-85.
- Lissoni P, Tancini G, Paolorossi F, et al. Chemoneuroendocrine therapy of metastatic breast cancer with persistent thrombocytopenia with weekly low-dose epirubicin plus melatonin: a phase II study. *J Pineal Res* 1999;26(3):169-173.
- Lissoni P, Vigore L, Rescaldani R, et al. Neuroimmunotherapy with low-dose subcutaneous interleukin-2 plus melatonin in AIDS patients with CD4 cell number below 200/mm³: a biological phase-II study. *J Biol Regul Homeost Agents* 1995;9:155-158.
- Low Dog T, Riley D, Carter T. Traditional and alternative therapies for breast cancer. *Alt Ther* 2001;7(3):36-47. (Review)
- Lusardi P, Piazza E, Fogari R. Cardiovascular effects of melatonin in hypertensive patients well controlled by nifedipine: a 24-hour study. *Br J Clin Pharmacol* 2000;49(5):423-427.
- MacFarlane JG, Cleghorn JM, Brown GM, et al. The effects of exogenous melatonin on the total sleep time and daytime alertness of chronic insomniacs: a preliminary study. *Biol Psychiatry* 1991;30(4):371-376.
- MacIntosh A. Melatonin: clinical monograph. *Q Rev Nat Med* 1996;47-60. (Review)
- Maestroni G, Conti A, Pierpaoli W. Role of the pineal gland in immunity: melatonin antagonizes the immuno-suppressive effects of acute stress via an opiateergic mechanism. *Immunology* 1988;63:465-469.
- Malhotra S, Sawhney G, Pandhi P. The therapeutic potential of melatonin: a review of the science. *Medscape Gen Med* 2004;6(2).
- Manev H, Uz T. Oral melatonin in neurologically disabled children. *Lancet* 1998;351:1963. (Letter)
- Martin V, Sainz RM, Antolin I, et al. Several antioxidant pathways are involved in astrocyte protection by melatonin. *J Pineal Res* 2002;33:204-212.
- Martins E Jr, Ligeiro de Oliveira AP, Fialho de Araujo AM, et al. Melatonin modulates allergic lung inflammation. *J Pineal Res* 2001;31(4):363-369.
- Massion AO, Teas J, Hebert JR, et al. Meditation, melatonin and breast/prostate cancer: hypothesis and preliminary data. *Med Hypotheses* 1995;44:39-46.
- Mayo JC, Sainz RM, Antolin I, et al. Melatonin regulation of antioxidant enzyme gene expression. *Cell Mol Life Sci* 2002;59:1706-1713.

Citations and Reference Literature: Melatonin

- Mazzoccoli G, Carugh S, De Cata A, et al. Melatonin and cortisol serum levels in lung cancer patients at different stages of disease. *Med Sci Monitor* 2005;11(6):CR284-CR288.
- Mazzoccoli G, Giuliani A, Carugh S, et al. The hypothalamic-pituitary-thyroid axis and melatonin in humans: possible interactions in the control of body temperature. *Neuro Endocrinol Lett* 2004;25(5):368-372.
- Mazzoccoli G, Giuliani A, De Cata A, et al. [Melatonin in the international literature of the last twenty years.] *Recenti Prog Med* 2003;94(4):172. [Italian] (Review)
- McArthur AJ, Budden SS. Sleep dysfunction in Rett syndrome: a trial of exogenous melatonin treatment. *Dev Med Child Neurol* 1998;40(3):186-192.
- McIntyre IM, Norman TR, Burrows GD, et al. Human melatonin suppression by light is intensity dependent. *J Pineal Res* 1990;6:149-156.
- McIntyre IM, Norman TR, Burrows GD, et al. Melatonin supersensitivity to dim light in seasonal affective disorder. *Lancet* 1990;335:488.
- McIntyre I, Trevor R. The pineal hormone melatonin in panic disorder. *J Affect Disorder* 1987;12:203-206.
- Megwali UC, Finnell JE, Piccirillo JF. The effects of melatonin on tinnitus and sleep. *Otolaryngol Head Neck Surg* 2006;134(2):210-213.
- Miles A, Philbrick DRS. Melatonin and psychiatry. *Biol Psychiatry* 1998;23:405-425.
- Mills E, Wu P, Seely D, et al. Melatonin in the treatment of cancer: a systematic review of randomized controlled trials and meta-analysis. *J Pineal Res* 2005;39(4):360-366. (Review)
- Mirmiran M, Swaab DF, Kok JH, et al. Circadian rhythms and the suprachiasmatic nucleus in perinatal development, aging and Alzheimer's disease. *Prog Brain Res* 1992;93:151-162.
- Molis TM, Spriggs LL, Jupiter Y, et al. Melatonin modulation of estrogen-regulated proteins, growth factors, and proto-oncogenes in human breast cancer. *J Pineal Res* 1995;18(2):93-103.
- Moretti RM, Marelli MM, Maggi R, et al. Antiproliferative action of melatonin on human prostate cancer LNCaP cells. *Oncol Rep* 2000;7(2):347-351.
- Moss RW. Should patients undergoing chemotherapy and radiotherapy be prescribed antioxidants? *Integr Cancer Ther* 2006;5(1):3-6.
- Munoz-Hoyos A, Sanchez-Forte M, Molina-Carballo A, et al. Melatonin's role as an anticonvulsant and neuronal protector: experimental and clinical evidence. *J Child Neurol* 1998;13(10):501-509.
- Murphy P, Myers B, Badia P. NSAIDs suppress human melatonin levels. *Am J Nat Med* 1997;iv:25.
- Nagtegaal JE, Smits MG, Swart ACW, et al. Melatonin-responsive headache in delayed sleep phase syndrome: preliminary observations. *Headache* 1998;38:303-307.
- Nowak R. The salivary melatonin diurnal rhythm may be abolished after transmeridian flights in an eastward but not a westward direction. *Med J Aust* 1988;149:340-341. (Letter)
- Nunnari G, Nigro L, Palermo F, et al. Reduction of serum melatonin levels in HIV-1-infected individuals' parallel disease progression: correlation with serum interleukin-12 levels. *Infection* 2003;31(6):379-382.
- Okatani Y, Morioka N, Wakatsuki A. Changes in nocturnal melatonin secretion in perimenopausal women: correlation with endogenous estrogen concentrations. *J Pineal Res* 2000;28(2):111-118.
- Okatani Y, Sagara Y. Amplification of nocturnal melatonin secretion in women with functional secondary amenorrhea: relation to endogenous estrogen concentration. *Clin Endocrinol* 1994;41(6):763-770.
- Okatani Y, Sagara Y. Enhanced nocturnal melatonin secretion in women with functional secondary amenorrhea: relationship to opioid system and endogenous estrogen levels. *Horm Res* 1995;43(5):194-195.
- Olde Rikkert MG, Rigaud AS. Melatonin in elderly patients with insomnia: a systematic review. *Z Gerontol Geriatr* 2001;34(6):491-497. (Review)
- Olcese J, ed. Hanseatic Endocrine Conference on Melatonin after four decades: melatonin after four decades: an assessment of its potential (advances in experimental medicine and biology, 460). New York: Plenum Pub Corp; 2000.
- Oosthuizen JM, Bornman MS, Barnard HC, et al. Melatonin and steroid-dependent carcinomas. *Andrologia* 1989;21(5):429-431.
- Oxenkrug G, Requintina P, Bachurin S. Antioxidant and antiaging activity of N-acetylserotonin and melatonin in the in vivo models. *Ann NY Acad Sci* 2001;939:190-199.
- Pappolla MA, Simovich MJ, Bryant-Thomas T, et al. The neuroprotective activities of melatonin against the Alzheimer beta-protein are not mediated by melatonin membrane receptors. *J Pineal Res* 2002;32(3):135-142.
- Parfitt A, Klein DC. Increase caused by desmethylimipramine in the production of [³H] melatonin by isolated pineal glands. *Biochem Pharmacol* 1977;26:904.
- Partonen T. Involvement of melatonin and serotonin in winter depression. *Med Hypotheses* 1994;43:165-166.

Citations and Reference Literature: Melatonin

- Partonen T. Short note: melatonin-dependent infertility. *Med Hypotheses* 1999;52(5):487-488.
- Pawlakowski M, Kolomecka M, Wojtczak A, et al. Effects of six months melatonin treatment on sleep quality and serum concentrations of estradiol, cortisol, dehydroepiandrosterone sulfate, and somatomedin C in elderly women. *Neuroendocrinol Lett* 2002;23(Suppl 1): 17-19.
- Peled N, Shorer Z, Peled E, et al. Melatonin effect on seizures in children with severe neurologic deficit disorders. *Epilepsia* 2001;42(9): 1208-1210.
- Peres MF, del Rio MS, Seabra ML, et al. Hypothalamic involvement in chronic migraine. *J Neurol Neurosurg Psychiatry* 2001;71(6): 747-751.
- Peres MF, Seabra ML, Zukerman E, et al. Cluster headache and melatonin. *Lancet* 2000;355:147. (Letter)
- Peres MF, Zukerman E, da Cunha Tanuri F, et al. Melatonin, 3 mg, is effective for migraine prevention. *Neurology* 2004;63(4):757.
- Perreau-Lenz S, Kalsbeek A, Pevet P, et al. Glutamatergic clock output stimulates melatonin synthesis at night. *Eur J Neurosci* 2004;19(2):318-324.
- Petrie K, Dawson AG, Thompson L, et al. A double-blind trial of melatonin as a treatment for jet lag in international cabin crew. *Biol Psychiatry* 1993;33:526-530.
- Pillar G, Shahar E, Peled N, et al. Melatonin improves sleep-wake patterns in psychomotor retarded children. *Pediatr Neurol* 2000;23(3): 225-228.
- Poeggeler B, Miravalle L, Zagorski MG, et al. Melatonin reverses the profibrillogenic activity of apolipoprotein E4 on the Alzheimer amyloid Abeta peptide. *Biochemistry* 2001;40(49):14995-15001.
- Poeggeler B, Sazrela S, Reiter R, et al. Melatonin: a highly potent endogenous radical scavenger and electron donor; new aspects of the oxidation chemistry of this indole accessed in vitro. *Ann N Y Acad Sci* 1994;738:419-420.
- Rabe-Jablonska J, Szymanska A. Diurnal profile of melatonin secretion in the acute phase of major depression and in remission. *Med Sci Monitor* 2001;7(5):946-952.
- Ram PT, Yuan L, Dai J, et al. Differential responsiveness of MCF-7 human breast cancer cell line stocks to the pineal hormone, melatonin. *J Pineal Res* 2000;28(4):210-218.
- Reiter RJ. Oxidative damage in the central nervous system: protection by melatonin. *Prog Neurobiol* 1998;56(3):359-384.
- Reiter RJ, Melchiorri D, Sewerynek E, et al. A review of the evidence supporting melatonin's role as an antioxidant. *J Pineal Res* 1995;18(1):1-11. (Review)
- Reiter RJ, Tan DX, Mayo JC, et al. Melatonin as an antioxidant: biochemical mechanisms and pathophysiological implications in humans. *Acta Biochim Pol* 2003;50(4):1129-1146.
- Riemann D, Klein T, Rodenbeck A, et al. Nocturnal cortisol and melatonin secretion in primary insomnia. *Psychiatry Res* 2002;113(1-2): 17-27.
- Rogers NL, Dinges DF, Kennaway DJ, et al. Potential action of melatonin in insomnia. *Sleep* 2003;26(8):1058-1059.
- Rojansky N, Brzezinski A, Schenker JG. Seasonality in human reproduction: an update. *Hum Reprod* 1992;7(6):735-745. (Review)
- Rosenberg SI, Silverstein H, Rowan PT, et al. Effect of melatonin on tinnitus. *Laryngoscope* 1998;108:305-310.
- Roth JA, Kim B-G, Lin W-L, et al. Melatonin promotes osteoblast differentiation and bone formation. *J Biol Chem* 1999;274:22041-22047.
- Sack RL, Brandes RW, Kendall AR, et al. Entrainment of free-running circadian rhythms by melatonin in blind people. *N Engl J Med* 2000;343(15):1070-1077.
- Sack RL, Hughes RJ, Edgar DM, et al. Sleep-promoting effects of melatonin: at what dose, in whom, under what conditions, and by what mechanisms? *Sleep* 1997;20(10):908-915.
- Sack RL, Lewy AJ. Desmethylimipramine treatment increase melatonin synthesis in humans. *Biol Psychiatry* 1986;21:406-410.
- Sack RL, Lewy AJ. Melatonin as a chronobiotic: treatment of circadian desynchrony in night workers and the blind. *J Biol Rhythms* 1997;12(6):595-603. (Review)
- Sakotnik A, Liebmann PM, Stoschitzky K. Decreased melatonin synthesis in patients with coronary artery disease. *Eur Heart J* 1999;20:1314-1317.
- Samples JR, Krause G, Lewy AJ. Effect of melatonin on intraocular pressure. *Curr Eye Res* 1988;7:649-653.
- Sanchez-Barcelo EJ, Cos S, Fernandez R, et al. Melatonin and mammary cancer: a short review. *Endocr Relat Cancer* 2003;10(2): 153-159. (Review)
- Sandyk R. The pineal gland and the menstrual cycle. *Intern J Neurosci* 1992;63:197-204.
- Satomura T, Sakamoto T, Shirakawa S, et al. Hypnotic action of melatonin during daytime administration and its comparison with triazolam. *Psychiatry Clin Neurosci* 2001;55(3):303-304.

Citations and Reference Literature: Melatonin

- Scheer FA, Van Montfrans GA, van Someren EJ, et al. Daily nighttime melatonin reduces blood pressure in male patients with essential hypertension. *Hypertension* 2004;43(2):192-197.
- Scott GN, Elmer GW. Update on natural product-drug interactions. *Am J Health-Syst Pharm* 2002;59(4):339-347. (Review)
- Sener G, Sehirli AO, Ayanoglu-Dulger G. Protective effects of melatonin, vitamin E and N-acetylcysteine against acetaminophen toxicity in mice: a comparative study. *J Pineal Res* 2003;35:61-68.
- Sewerynek E. Melatonin and the cardiovascular system. *Neuroendocrinol Lett* 2002;23(Suppl 1):79-83.
- Shafii M, Shafii SL, eds. *Melatonin in psychiatric and neoplastic disorders*. Washington, DC: American Psychiatric Press; 1998.
- Shamir E, Barak Y, Shalman I, et al. Melatonin treatment for tardive dyskinesia: a double-blind, placebo-controlled, crossover study. *Arch Gen Psychiatry* 2001;58(11):1049-1052.
- Shamir E, Laudon M, Barak Y, et al. Melatonin improves sleep quality of patients with chronic schizophrenia. *J Clin Psychiatry* 2000;61(5):373-377.
- Sheldon SH. Oral melatonin in neurologically disabled children. *Lancet* 1998;351(9120):1964. (Letter)
- Singer C, McArthur A, Hughes R, et al. Melatonin and sleep in the elderly. *J Am Geriatr Soc* 1996;44:51. (Abstract)
- Skene DJ, Lockley SW, Arendt J. Use of melatonin in the treatment of phase shift and sleep disorders. *Adv Exp Med Biol* 1999;467:79-84.
- Skwarlo-Sonta K. Melatonin in immunity: comparative aspects. *Neuroendocrinol Lett* 2002;23(Suppl 1):67-72.
- Smits MG, Nagtegaal EE, van der Heijden J, et al. Melatonin for chronic sleep onset insomnia in children: a randomized placebo-controlled trial. *J Child Neurol* 2001;16(2):86-92.
- Spitzer RL, Terman M, Williams JB, et al. Jet lag: clinical features, validation of a new syndrome-specific scale, and lack of response to melatonin in a randomized, double-blind trial. *Am J Psychiatry* 1999;156(9):1392-1396.
- Stetinova V, Smetanova L, Grossmann V, et al. In vitro and in vivo assessment of the antioxidant activity of melatonin and related indole derivatives. *Gen Physiol Biophys* 2002;21:153-162.
- Stewart LS. Endogenous melatonin and epileptogenesis: facts and hypothesis. *Int J Neurosci* 2001;107(1-2):77-85.
- Suhner A, Schlagenhauf P, Johnson R, et al. Comparative study to determine the optimal melatonin dosage form for the alleviation of jet lag. *Chronobiol Int* 1998;15(6):655-666.
- Sutherland ER, Martin RJ, Ellison MC, et al. Immunomodulatory effects of melatonin in asthma. *Am J Respir Crit Care Med* 2002;166(8):1055-1061.
- Szymanska A, Rabe-Jablonska J, Karasek M. Diurnal profile of melatonin concentrations in patients with major depression: relationship to the clinical manifestation and antidepressant treatment. *Neuroendocrinol Lett* 2001;22:192-198.
- Takahashi T, Sasaki M, Itoh H, et al. Melatonin alleviates jet lag symptoms caused by an 11-hour eastward flight. *Psychiatry Clin Neurosci* 2002;56(3):301-302.
- Tan DX, Manchester LC, Reiter RJ, et al. Ischemia/reperfusion-induced arrhythmias in the isolated rat heart: prevention by melatonin. *J Pineal Res* 1998;25:184-191.
- Terzolo M, Revelli A, Guidetti D, et al. Evening administration of melatonin enhances the pulsatile secretion of prolactin but not of LH and TSH in normally cycling women. *Clin Endocrinol (Oxf)* 1993;39(2):185-191.
- Thompson C, Franey C, Arendt J, et al. A comparison of melatonin secretion in depressed patients and normal subjects. *Br J Psychiatry* 1988;152:260-265.
- Touitou Y, Motohashi Y, Reinberg A, et al. Effect of shiftwork on the night-time secretory patterns of melatonin, prolactin, cortisol and testosterone. *Eur J Appl Physiol* 1990;60:288-292.
- Tsia PL, Hu MK. Free radical scavenging and antioxidative activity of melatonin derivatives. *J Pharm Pharmacol* 2003;55(12):1655-1660.
- Tzischinsky O, Dagan Y, Lavie P. The effects of melatonin on the timing of sleep in patients with delayed sleep phase syndrome. In: Touitou Y, Arendt J, Pevet P, eds. *Melatonin and the pineal gland: from basic science to clinical application*. Amsterdam: ExcerptaMedica; 1993:351-354.
- Tzischinsky O, Lavie P. Melatonin possesses time-dependent hypnotic effects. *Sleep* 1994;17:638-645.
- USDA: Composition of foods: USDA handbook #8. Washington, DC: ARS, USDA; 1976-1986.
- van der Helm-van Mil AH, van Someren EJ, van den Boom R, et al. No influence of melatonin on cerebral blood flow in humans. *J Clin Endocrinol Metab* 2003;88(12):5989-5994.
- van Heukelom RO, Prins JB, Smits MG, et al. Influence of melatonin on fatigue severity in patients with chronic fatigue syndrome and late melatonin secretion. *Eur J Neurol* 2006;13(1):55-60.
- Wagner DR. Circadian rhythm sleep disorders. *Curr Treat Opt Neurol* 1999;1(4):299-308.

Citations and Reference Literature: Melatonin

- Wagner J, Wagner ML, Hening WA. Beyond benzodiazepines: alternative pharmacologic agents for the treatment of insomnia. *Ann Pharmacother* 1998;32:680-691.
- Waldhauser F, Saletu B, Trinchart-Lugan I. Sleep laboratory investigations on hypnotic properties of melatonin. *Psychopharmacology (Berl)* 1990;100(2):222-226.
- Weaver DR. Reproductive safety of melatonin: a "wonder drug" to wonder about. *J Biol Rhythms* 1997;12:682-689.
- Wehr TA, Duncan WC Jr, Sher L, et al. A circadian signal of change of season in patients with seasonal affective disorder. *Arch Gen Psychiatry* 2001;58:1108-1114.
- Weiss JF, Landauer MR. Protection against ionizing radiation by antioxidant nutrients and phytochemicals. *Toxicology* 2003;189(1-2):1-20. (Review)
- West Sk, Oosthuizen JM. Melatonin levels are decreased in rheumatoid arthritis. *J Basic Clin Physiol Pharmacol* 1992;3(1):33-40.
- Wetterberg L, Arendt J, Paunier L, et al. Human serum melatonin changes during the menstrual cycle. *J Clin Endocrinol* 1976;42:185-188.
- Wetterberg L. The relationship between the pineal gland and the pituitary-adrenal axis in health, endocrine and psychiatric conditions. *Psychoneuroendocrinology* 1983;8:75-80.
- Williams G, Waterhouse J, Mugarza J, et al. Therapy of circadian rhythm disorders in chronic fatigue syndrome: no symptomatic improvement with melatonin or phototherapy. *Eur J Clin Invest* 2002;32(11):831-837.
- Wilson N. Depression and its relation to light deprivation. *Psychoanal Rev* 2002;89:557-567.
- Wolfer A, Abuja PM, Linkesch W, et al. Questionable benefit of melatonin for antioxidant pharmacologic therapy. *J Clin Oncol* 2002;20:4127-4129.
- Wright J, Aldhous M, Franey C, et al. The effect of exogenous melatonin in endocrine function in man. *Clin Endocrinol* 1986;24:375-382.
- Wu YH, Feenstra MG, Zhou JN, et al. Molecular changes underlying reduced pineal melatonin levels in Alzheimer disease: alterations in preclinical and clinical stages. *J Clin Endocrinol Metab* 2003;88(12):5898-5906.
- Wurtman RJ, Zhdanova II. Oral melatonin in neurologically disabled children. *Lancet* 1998;351(9120):1963-1964. (Letter)
- Yen SSC. The human menstrual cycle. In: Yen SSC, Jaffe RB, eds. *Reproductive endocrinology, physiology, pathophysiology and clinical management*. Philadelphia: Saunders; 1986:200-236.
- Yie SM, Brown GM, Liu GY, et al. Melatonin and steroids in human pre-ovulatory follicular fluid: seasonal variations and granulosa cell steroid production. *Human Reprod* 1995;10(1):50-55.
- Zatta P, Tognon G, Carampin P. Melatonin prevents free radical formation due to the interaction between beta-amyloid peptides and metal ions [Al(III), Zn(II), Cu(II), Mn(II), Fe(II)]. *J Pineal Res* 2003;35(2):98-103.
- Zawilska JB, Nowak JZ. Melatonin: from biochemistry to therapeutic applications. *Pol J Pharm* 1999;51:3-23.
- Zeitzer JM, Daniels JE, Duffy JF, et al. Do plasma melatonin concentrations decline with age? *Am J Med* 1999;107:432-436.
- Zhdanova IV, Wurtman RJ, Lynch HJ, et al. Sleep-inducing effects of low doses of melatonin ingested in the evening. *Clin Pharmacol Ther* 1995;57:552-558.
- Zhdanova IV, Wurtman RJ, Morabito C, et al. Effects of low oral doses of melatonin, given 2-4 hours before habitual bedtime, on sleep in normal young humans. *Sleep* 1996;19:423-431.
- Zhdanova IV, Wurtman RJ, Regan MM, et al. Melatonin treatment for age-related insomnia. *J Clin Endocrinol Metab* 2001;86(10):4727-4730.
- Zhdanova IV, Wurtman RJ, Wagstaff J. Effects of a low amount of melatonin on sleep in children with Angelman syndrome. *J Pediatr Endocrinol Metab* 1999;12:57-67.
- Zeitzer JM, Daniels JE, Duffy JF, et al. Do plasma melatonin concentrations decline with age? *Am J Med* 1999;107:432-436.
- Zisapel N. The use of melatonin for the treatment of insomnia. *Biol Signals Recept* 1999;8(1-2):84-89.