



Overview of Melatonin Reducing Medications

Aspirin	Test subjects who have taken Aspirin or Ibuprofen exhibited a 75% reduction in melatonin levels.
Ibuprofen	
Indometacin	
Calcium antagonist heart supplement	The melatonin repression from beta blockers has been known by research for many years
Betablocker	
Alpha-receptor blocker blood pressure agent	
Sleeping pills and tranquilisers	All pain killers tested have shown negative effects on melatonin. Paracetamol displayed the least effect.
Pain killers	
Vitamin B12	
Medications containing steroids	Supplements containing steroids are prescribed for asthma, lymphomata, shock conditions, lupus erythematosus, bursa inflammation, sinew inflammation and arthritis. The agent is known to cause severe sleep disorders and nightmares.