

Table 4. Safety for off label prescription of melatonin

Clinical condition	Melatonin dose	Ref.
Dermal hyperpigmentation	1 g/day p.o. for 1 month	(209)
Parkinson's disease	0.25 and 1.25 mg/kg i.v.	(210)
Amyotrophic lateral sclerosis	60 mg/day p.o. for 13 months	(211)
Amyotrophic lateral sclerosis	300 mg/day, rectal for 2 years	(212)
Muscular dystrophy	70 mg/day for 9 months	(213)
Multiple sclerosis	50 - 300 mg/day p.o. for 4 years	(214)
Liver surgery	50 mg/kg	(215)
Healthy individuals	80 mg/hr for 4 hr	(216)
Healthy women	300 mg/day for 4 months	(217)
Dose escalation in healthy individuals	10 - 100 mg p.o.	(218)
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Resistant-trained athletes	100 mg p.o. for 4 weeks	(220)