PART VI: SUMMARY OF THE RISK MANAGEMENT PLAN
Summary of risk management plan for Melatonin NET 3 mg film-coated tablets (Melatonin)

This is a summary of the risk management plan (RMP) for Melatonin NET 3 mg film-coated tablets (hereafter referred to as melatonin NET). The RMP details important risks of Melatonin NET, how these risks can be minimised, and how more information will be obtained about Melatonin NET's risks and uncertainties (missing information).

Melatonin NET's summary of product characteristics (SmPC) and its package leaflet give essential information to healthcare professionals and patients on how melatonin NET should be used.

Important new concerns or changes to the current ones will be included in updates of melatonin NET's RMP.

I. The medicine and what it is used for
Melatonin NET is indicated for:
- Short term treatment of jet lag in adults
- Insomnia in children and adolescents aged 6-17 years with ADHD, where sleep hygiene measures have been insufficient.

(See SmPC for full indication).
It contains melatonin as the active substance and to be taken by oral route of administration.

II. Risks associated with the medicine and activities to minimise or further characterise the risks
Important risks when taking Melatonin NET, together with measures to minimise such risks, are outlined below.
Measures to minimise the risks identified for medicinal products can be:
- Specific information, such as warnings, precautions, and advice on correct use, in the package leaflet and SmPC addressed to patients and healthcare professionals;
- Important advice on the medicine's packaging;
- The authorised pack size — the amount of medicine in a pack is chosen so to ensure that the medicine is used correctly;
- The medicine's legal status — the way a medicine is supplied to the patient (e.g., with or without prescription) can help to minimise its risks.

Together, these measures constitute *routine risk minimisation* measures.
In addition to these measures, information about adverse reactions is collected continuously and regularly analysed, so that immediate action can be taken as necessary. These measures constitute routine pharmacovigilance activities.
If important information that may affect the safe use of Melatonin NET is not yet available, it is listed under 'missing information' below.

II.A List of important risks and missing information

Important risks of Melatonin NET are risks that need special risk management activities to further

investigate or minimise the risk, so that the medicinal product can be safely taken. Important risks can be regarded as identified or potential. Identified risks are concerns for which there is sufficient proof of a link with the use of Melatonin NET. Potential risks are concerns for which an association with the use of this medicine is possible based on available data, but this association has not been established yet and needs further evaluation. Missing information refers to information on the safety of the medicinal product that is currently missing and needs to be collected.

List of important risks and missing information	
Important identified risks	• None
Important potential risks	• Long-term safety in children and adolescents • Effects on sexual maturation and development in children and adolescents
Missing information	• Use in pregnancy and lactation

II.B Summary of important risks

Important potential risk: Long-term safety in children and adolescents	
Evidence source(s) and strength of evidence:	As per SPC section 4.2, there is limited data are available for up to 3 years of treatment with melatonin usage in paediatric population aged 6-17 years.
Risk factors and risk groups:	Melatonin without a concomitant psychotropic medication was most commonly used in children aged 5–9. Melatonin together with a concomitant medication for ADHD was most common among boys and girls aged 10–12. A combination of melatonin and several psychotropic medications was more common among boys and girls aged 13–17.
Risk minimisation measures	Routine risk minimisation measures**:** Listed in *Section 4.2. Posology and method of administration* Listed in *Section 5.1 Pharmacodynamic properties* Listed in PL *Section 2. What you need to know before you use Melatonin tablets* Additional risk minimisation measures*:* None
Important potential risk: Effects on sexual maturation and development in children and adolescents	
Evidence source(s) and strength of evidence:	As per SPC section 4.6, there is limited clinical data about effects of melatonin on fertility. The few animal studies indicate that melatonin exerts a protective effect against aging-induced fertility decline. However, some findings in humans are

	indicative of possible alterations to sex hormones in both men and women, suppression of ovulation and sperm count, therefore Melatonin is not recommended in women and men planning pregnancy.
Risk factors and risk groups:	Children and adolescent population.
Risk minimisation measures	Routine risk minimisation measures: Listed in *Section 4.6. Fertility, pregnancy and lactation* Listed in *Section 5.3 Preclinical safety data* Listed in PL *Section 2. What you need to know before you use Melatonin tablets* Additional risk minimisation measures*:* None

Missing information: Use in pregnancy and lactation	
Risk minimisation measures	Routine risk minimisation measures: Listed in *Section 4.6. Fertility, pregnancy and lactation* Listed in *Section 5.3. Preclinical safety data* Listed in PL *Section 2. What you need to know before you use Melatonin tablets* Additional risk minimisation measures*:* None

II.C Post-authorisation development plan

II.C.1 Studies which are conditions of the marketing authorisation

There are no studies which are conditions of the marketing authorisation or specific obligation of melatonin NET.

II.C.2 Other studies in post-authorisation development plan

There are no studies required for melatonin NET.