

Melatonin Gummies

They look like candy, but they can be harmful if children eat too many.



What are Melatonin Gummies?

Melatonin gummies are a type of sleep aid to help a person fall asleep. These can be bought at stores without a prescription. These gummies can look and taste like candy. Young children may eat too many.

Store Safely

- Keep out of reach
- Store in original containers
- Put away after use

Know the Signs

- | | |
|------------|------------------------------------|
| ✓ Sleepy | ✓ Nausea or vomiting (throwing up) |
| ✓ Dizzy | ✓ Crabby |
| ✓ Headache | ✓ Confused |

Did You Know?

Over 260,000 children took melatonin by mistake, as reported to poison centers from 2012–2021. Most involved children under age 5.

Poison Help 1-800-222-1222