

Melatonin Dosage by Age

1 to 2 mg



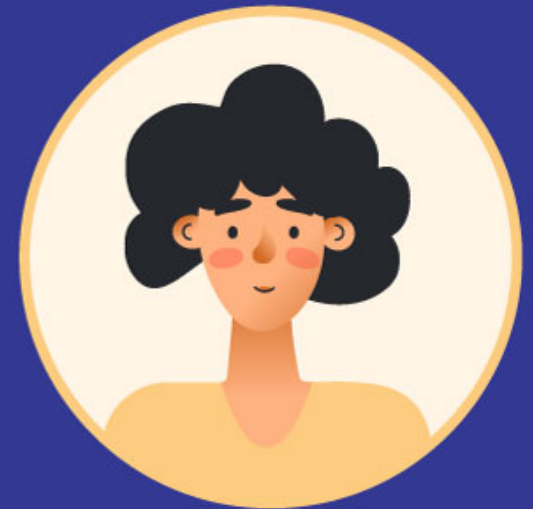
3-5 years

2 to 3 mg



6-12 years

Up to 5 mg



over 13 years

*The content on Sleepopolis is meant to be informative in nature, but it shouldn't taken as medical advice, and it shouldn't take the place of medical advice and supervision from a trained professional. If you ever have any questions or concerns about a new supplement you're using, contact your doctor.