

# Nutrition Depletion For Beta Blockers



## Potential Health Problems:

- Taking propranolol, metoprolol, and atenolol may lower melatonin levels in the body, causing sleep disturbances.<sup>1</sup>

## Depleted Nutrient:

✓ Melatonin

## Recommendations:

- Take a melatonin supplement. Melatonin is a hormone in your body that affects sleep. If you are experiencing issues with sleep and you are on propranolol, metoprolol, and/or atenolol, taking this supplement may improve your sleep quality.
- It is recommended to take 2.5mg of melatonin each night.<sup>2</sup>

**10% OFF ANY STRENGTH  
OF HEALTH MART  
MELATONIN**

National Institute of Health. Office of Dietary Supplements. <https://ods.od.nih.gov/>

<sup>1</sup>Stoschitzky K, Sakotnik A, Lercher P, et al. Influence of beta-blockers on melatonin release. Eur J Clin Pharmacol. 1999 Apr; 55 (2):111-5.

<sup>2</sup>Scheer F, Morris CJ, Garcia JJ, et al. "Repeated Melatonin Supplementation Improves Sleep in Hypertensive Patients Treated with Beta-Blockers: A Randomized Controlled Trial." Sleep 2012 Oct 1; 35(10): 1395-1402.