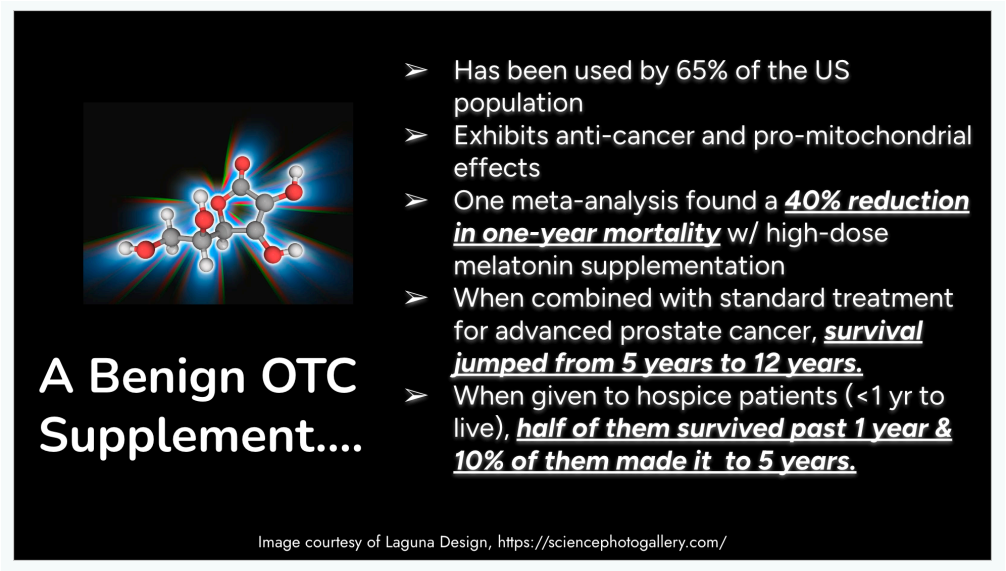
fyt club health

#FyourTumor

Adjunctive Melatonin for Cancer



- **Academic / Peer-Reviewed Research**
  - This study showed melatonin boosted survival by more than 100%, from 64 to >150 months:
    - Melatonin increases overall survival of prostate cancer patients with poor prognosis after combined hormone radiation treatment | Oncotarget
  - This meta-analysis showed 40% reduced mortality with melatonin:
    - Melatonin as Adjuvant Cancer Care With and Without Chemotherapy: A Systematic Review and Meta-analysis of Randomized Trials
  - This double-blinded, randomized controlled trial showed a 34% improved survival w/ melatonin:
    - Adjuvant melatonin for the prevention of recurrence and mortality following lung cancer resection (AMPLCaRe): A randomized placebo controlled clinical trial
  - This review study showed an avg 34% reduced risk of dying at 1 year with melatonin:
    - Melatonin in the treatment of cancer: a systematic review of randomized controlled trials and meta-analysis - Mills - 2005
  - This study gave 100mg of melatonin (and 2 other pineal hormones) to late-stage patients with < 1 year survival. The majority lived past 1 year and some of them past 5 years:
    - Five Year-Survival with High-Dose Melatonin and Other Antitumor Pineal Hormones in Advanced Cancer Patients Eligible for the Only Palliative Therapy

Any content provided is for informational purposes only and it does NOT constitute medical advice, nor does it create a treatment relationship. Discuss ANY and ALL changes in your treatment regiment (supplements, medication, diet, activity) with your treating physician(s). Many seemingly harmless interventions can have adverse effects in the context of a cancer diagnosis.

- **Other Studies:**
  - Review of Under-Recognized Adjunctive Therapies for Cancer
  - Decreased toxicity and increased efficacy of cancer chemotherapy using the pineal hormone melatonin in metastatic solid tumour patients with poor clinical status
  - Melatonin for the prevention and treatment of cancer | Oncotarget
  - A review of the potential use of melatonin in cancer treatment: Data analysis from Clinicaltrials.gov
  - Daily evening melatonin prolongs survival among patients with advanced non-small-cell lung cancer
  - Role of Melatonin in Cancer Treatment
  - Therapeutic strategies of melatonin in cancer patients: a systematic review and meta-analysis
  - Safety of higher doses of melatonin in adults: A systematic review and meta-analysis - Menczel Schrire - 2022 - Journal of Pineal Research - Wiley Online Library
  - The effect of melatonin on sleep quality and insomnia in patients with cancer: a systematic review study - ScienceDirect
  - Effect of melatonin on quality of life and symptoms in patients with cancer: a systematic review and meta-analysis of randomised controlled trials | BMJ Open
    - The potential anti-cancer effects of melatonin on breast cancer
    - Melatonin in cancer treatment - Yu, ZY - 2025 | Cochrane Library
    - Melatonin in Cancer Treatment: Current Knowledge and Future Opportunities - PMC
    - Melatonin: Avenues in cancer therapy and its nanotechnological advancements - Putta - 2023
    - The potential anti-cancer effects of melatonin on breast cancer
    - Melatonin in Patients with Cancer Receiving Chemotherapy: A Randomized, Double-blind, Placebo-controlled Trial | Anticancer Research
    - Melatonin combined with antineoplastic drugs or natural products for cancer treatment: An update
    - Melatonin: Both a Messenger of Darkness and a Participant in the Cellular Actions of Non-Visible Solar Radiation of Near Infrared Light - PMC
    - Melatonin as a Hormone: New Physiological and Clinical Insights | Endocrine Reviews | Oxford Academic

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