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Apr 29, 2011, 02:05pm IST

Tags: [Obesity](#)*Melatonin, which helps regulate sleep and wake cycles, can also help you shed weight and improve blood lipid profile.*

A natural hormone, it is found in small quantities in some fruits and vegetables such as mustard, Goji berries, almonds, sunflower seeds, cardamom, fennel, coriander and cherries.

Thus, its intake might help in controlling weight gain and preventing heart diseases linked with [obesity](#) and dyslipidemia, the *Journal of Pineal Research* reports.

University of Granada researchers in Spain have analysed in young diabetic obese rats the effects of melatonin on obesity, dyslipidemia (abnormal cholesterol levels) and high blood pressure (BP) linked with obesity, according to a Granada statement.

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Melatonin was found to be beneficial for young rats that had still not developed any heart disease. Researchers think that melatonin might help in preventing heart diseases associated with obesity and dyslipidemia.

Administration of melatonin might be potentially useful in fighting obesity and its risks.

The study was authored by professors Ahmad Agil, Miguel Navarro, Rosario Ruiz, Sausan Abuamada, Yehia El-Mir and Gumersindo Fernández of Granada University.

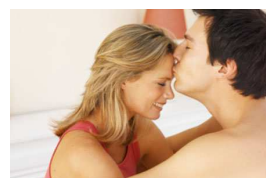
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