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## Melatonin May Aid in Weight Management

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May 2, 2011 5:17 PM

By Alex Heigl



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Melatonin may help in controlling weight gain, UPI reports. Researchers from the University of Granada, the University Hospital San Cecilio in Granada, the University of Salamanca, the University of Jordan and the Service of Endocrinology of the Hospital Carloss III in Madrid observed that melatonin was beneficial in rats that had not developed [metabolic](#) or heart disease. The study was published in the *Journal of Pineal Research* and found that melatonin improved the rats' blood lipid profile, reduced their triglyceride count, increased high-density lipoprotein ("good" cholesterol), and reduced low-density lipoprotein ("bad" cholesterol)--even without an overall reduction in food intake. The research indicates that heart disease associated with obesity and dyslipidemia (an abnormal amount of lipids in the blood) might be combatted through the use of melatonin. If clinical trials in humans produce the same results, regular intake of melatonin and [foods rich in](#) the naturally occurring

hormone, like mustard, Goji berries, almonds, sunflower seeds, cardamom, fennel, coriander and cherries--might be added to the list of available means used to fight [obesity](#) and its associated risks, the researchers say.



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