

Melatonin Weight-Based Dose (24-hour)

Weight (kg)	Dose (mg)
3	357
5	524
7	675
9	814
11	947
13	1073
15	1195
17	1313
19	1427
21	1537
23	1646
25	1752
27	1856
29	1959
35	2255
40	2493
45	2723
50	2947
55	3165
60	3379
65	3588
70	3793
80	4193
90	4580
100	4956
115	5504
130	6034

¹ Disclaimer

For information purposes only, not to be considered as medical advice. When in doubt, always seek professional medical assistance.

² Ascorbic Acid Dosage

There is no change to the [September 2021 Guidelines for Ascorbic Acid \(AA\)](#). However, you may find your bowel tolerance for AA to be reduced significantly due to higher MEL doses. This is normal. Adjust AA dose to 95% of bowel tolerance if necessary.

April 2023 Revised Melatonin Guidelines ^{1,2}

The following melatonin dosage guideline is based on weight, timing of suspected exposure, the presence/ absence of symptoms, and pre-existing health issues, regardless of test results. As soon as **you test positive**, please immediately follow instructions for **DAY 6**, regardless of timing of potential exposure.

General Instructions

Your total daily dose is a percentage (from 10% to 100%) of the Melatonin Weight-Based Dose (24-hour), adjusted by the timing of your exposure, pre-existing health issues and/or severity of symptoms, and testing results. Please calculate your weight-based dose and divide the result evenly into 8 portions. Take one portion every 2 hours during waking hours. At bedtime, take the balance of the total daily amount if you are unable to take all 7 doses before bedtime.

Day	Asymptomatic and/or No Previous Health Issues	Symptomatic and/or Pre-Existing Health Issues
1	10% of your weight-based dose	Increase up to 50% depending on presentation of symptoms
2	20% of your weight-based dose	Increase up to 60% depending on presentation of symptoms
3	30% of your weight-based dose	Increase up to 70% depending on presentation of symptoms
4	40% of your weight-based dose	Increase up to 80% depending on presentation of symptoms
5	50% of your weight-based dose	Increase up to 90% depending on presentation of symptoms
6+	60% of your weight-based dose	Increase up to 100% depending on presentation of symptoms

Duration of Dosage

In general, once you are using the correct dose, you may feel relief within 2 to 16 hours. Once symptoms reside and/or stabilize, remain on the current dosage for at least 5 days before decreasing by 10% every 5 days, or follow new August 2022 Guidelines for PASC Prevention/ Attenuation. Should symptoms return while you are decreasing dosage, please return immediately to previous symptom-free dosage and do not reduce dosage for at least 14 days. Then follow PASC Guidelines if necessary.

Rationale for High-Dose Melatonin

The timing and dose of melatonin is critical for controlling viral replication and infection dependent upon the hijacking of phase separation processes by the SARS-CoV-2 virus which continues to evolve and mutate. Please read my peer-reviewed reports on melatonin regulation of SARS-CoV-2 phase separation <https://www.mdpi.com/1422-0067/23/15/8122>, and high-dose calculation methodologies <https://www.mdpi.com/1422-0067/24/6/5835>