



# Melatonin Should be Urgently Considered as a Cheap and Efficient COVID-19 Therapeutic

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**Commentary**

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In a recent article [1] the authors highlight the urgent needs to develop efficient COVID-19 therapeutics to be rapidly applied in low-middle-income countries to forestall the collapse of overburdened health systems in resource-limited settings. Among other agents, the paper mentions anti-inflammatory and immunomodulatory agents, but only as part of later-stage interventions aimed at preventing downstream consequences [1].

However, these therapeutics can also be considered as preventive measures against the infection and used in its early phases (asymptomatic or with light symptoms). Among the available treatments, melatonin should be seriously considered because of its anti-inflammatory, antioxidant and immunomodulatory activities [2]. The low cost of melatonin treatment and the absence of serious side-effects are additional arguments in favor of its preventive and therapeutic use.

Melatonin also acts against female infertility, both in young and older women, inhibits the progression of

endometriosis and adenomyosis, and reduces the risk of different types of cancer, both in males and females.<sup>2</sup> Because of its action against different types of viral respiratory infections, it is also likely to act against any new COVID-19 variants that may appear in the future [3]. Consequently I believe that it should be urgently recommended to be used in low-middle-income countries before vaccination becomes largely available.

## References

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