



Melatonin

3 mg Sublingual Tablets

A Dietary Supplement



**Douglas
Laboratories®**

120 Tablets

Supplement Facts

Serving Size 1 tablet
Servings Per Container 120

Amount Per Serving	%DV
Melatonin	3 mg *

*Daily Value not established.

Other ingredients: Cellulose, sucrose, silica and vegetable stearate.

Manufactured by: **Douglas Laboratories**
Pittsburgh, PA 15205 • www.douglaslabs.com

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, starch, artificial coloring, preservatives or flavoring.

Suggested Usage:

As a dietary supplement, adults take 1 sublingual tablet 1 hour before bedtime as directed by physician only. (May be taken sublingually by allowing tablet to dissolve in mouth or with water or juice.)

Warning:

Not to be taken by individuals under the age of 18. If you are pregnant, nursing, taking any prescription medication (especially hormone replacement therapy), or have an autoimmune or depressive disorder consult a physician before using this product. Long-term use of melatonin has not been studied. Use of this product could cause hypothermia. Do not use before or while operating a motor vehicle or heavy machinery.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #81322

