

ITEM #7901
B7901 13I



Melatonin 3 mg

Sleep Aid*

Dietary Supplement

60 TABLETS



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Melatonin	3 mg **
(as n-Acetyl-5-Methoxytryptamine)	

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.

**No Gluten, No Yeast, No Wheat,
No Milk or Milk Derivatives,
No Lactose, No Soy, No Egg,
No Corn, No Grapefruit, No Fish,
No Sweetener, No Starch, No Sugar,
No Preservatives, No Artificial Color,
No Artificial Flavor, No Sodium.**

***These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Directions: For adults, take one (1) tablet at bedtime as Melatonin may produce drowsiness.

Melatonin works in harmony with your natural sleep cycle to give you the tranquil rest you deserve, so you can awaken feeling refreshed.* Inspired by the natural rhythm of life, Melatonin is a great choice for people experiencing occasional sleeplessness, those with jet lag, or those seeking to improve their quality of rest.*

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Manufactured by Good 'N Natural®, Bohemia, NY 11716 USA
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