

Suggested Usage: As a dietary supplement, take 1 tablet about one hour before bedtime with juice or water.

CAUTION: If you are under medical supervision seek the advice of your physician or health care professional prior to use. Individuals with auto-immune conditions, depressive disorders, those taking sedatives or corticosteroid drugs, pregnant or lactating women, should consult their physician prior to use. This product may cause drowsiness. Do not operate a vehicle or heavy machinery following consumption of melatonin. Keep out of reach of children.

Vegetarian/Vegan Product.

Do not eat freshness packet. Keep in bottle.

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

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Daily Essentials

Melatonin

Two Stage Release • 1 mg • with Co-factor Nutrients

Dietary Supplement

100 Tablets



PHYSICIAN'S PREFERENCE®

Supplement Facts

Serving Size 1 Tablet Servings Per Container 100

Amount Per Serving	%Daily Value
Niacin (as Niacinamide) 100 mg	500%
Vitamin B-6 (as Pyridoxine HCl) 5 mg	250%
Magnesium (from Magnesium Citrate) 40 mg	10%
Melatonin 1 mg	+

+Daily Value not established

Other Ingredients: Calcium Carbonate, Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Vegetable Coating.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

Research indicates that Melatonin may be associated with the regulation of sleep/wake cycles. Melatonin is a potent antioxidant that defends against free radicals and helps to support glutathione activity in the neural tissue.*

Physician's Preference®

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