

Peel Here
for more information

Store in a cool, dry place. Please Recycle.

Do Not Eat Freshness Packet. Keep in Bottle.

Vegetarian/Vegan Formula.

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

Made in the U.S.A. www.protocolforlife.com

Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431

Other Ingredients: Fructose, Cellulose, Stearic Acid (vegetable

source), Maltitol, Natural Peppermint Flavor, Sorbitol and

Magnesium Stearate (vegetable source).

† Daily Value not established.

Supplement Facts

Serving Size 1 Lozenge

	Amount Per Serving	% Daily Value
Vitamin B ₆ (Pyridoxine HCl)	3 mg	150%
Melatonin	3 mg	†



PROTOCOL
FOR LIFE BALANCE™

Melatonin 3 mg

- Chewable
- With 3 mg Vitamin B₆
- Fast Absorption

10% of profits donated for health research

120 Lozenges

A Dietary Supplement Vegetarian Formula

SUGGESTED USAGE: As a dietary supplement, take one lozenge just prior to bedtime as needed. Chew lozenge or hold in mouth until dissolved and swallow.

The hormone melatonin is secreted by the pineal gland and is important in the support of normal sleep patterns, as well as in the maintenance of the daily biorhythm. Stress, time zone changes and travel can disrupt the pineal gland's normal function. Melatonin has been formulated in a lozenge form to ensure the fastest and most complete absorption of Melatonin into the bloodstream. Protocol For Life Balance® Melatonin is synthesized according to the highest pharmaceutical standards of quality and purity. Protocol For Life Balance® Melatonin is not animal derived.*

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, or 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.

Melatonin is a hormone found in all living creatures. For humans, melatonin is best known for its ability to help regulate the circadian rhythm (better known as the body's clock). Melatonin is actually formed from tryptophan (an amino acid, which changes to 5-HTP, then to serotonin (a neurotransmitter), and then to melatonin. Melatonin signals help to support healthy sleep-wake cycles in humans. Normal melatonin cycles can be disrupted when we are exposed to excessive light in the evening or too little light during the daytime. Moreover, jet lag and shift work can also disrupt melatonin cycles.*

The most natural derived product comes in a lozenge form for better and faster absorption.

Caution and Interactions

Melatonin may be indicated for some forms of occasional sleeplessness and other disturbances of normal sleep function. Research results are mixed with respect to claims that melatonin can abolish some of the symptoms of jet lag.

If you are under medical supervision seek the advice of your physician or health care professional prior to use. Individuals with asthma, auto-immune conditions, depressive disorders, diabetes, epilepsy, those taking sedatives or corticosteroid drugs, or 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.

Guaranteed Quality

This is an FDA-regulated dietary supplement that is produced in an FDA- and third party-inspected facility. We are certified for producing dietary supplements and USDA Organic products using Good Manufacturing Practices (GMP). All ingredients are quality tested to meet or exceed specifications. Our quality team goes above and beyond standard quality control to ensure the safety and efficacy of this supplement. We utilize advanced analytical and microbiological testing methods, with capabilities that are state-of-the-art and exceed basic lab requirements.

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

This product contains an Arginine® anti-oxidant packet to enhance protection during storage.

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