

Directions: Take one (1) tablet thirty minutes before bedtime, or as directed by your healthcare provider.

CAUTION: Do not take if you are operating machinery or a vehicle.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Unconditionally guaranteed for purity, freshness and label potency. No added Sugar, Salt, Yeast, Preservatives, Artificial Flavors or Colors.



**21ST
CENTURY®**



DIETARY SUPPLEMENT

Melatonin

3 mg

To Support A Good Nights Rest *

90 ~~60~~ Tablets

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 90

Amount Per Serving	% DV
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Melatonin	3 mg **
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** Daily Value (DV) not established.

Other Ingredients: Calcium Carbonate, Cellulose, Silicon Dioxide, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate.

CAUTION: If you are pregnant or lactating, consult a physician prior to use.

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

21ST Century HealthCare, Inc.

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**21ST
CENTURY®**

21ST Century® ... for a healthier future.

Melatonin 3 mg

Melatonin is a hormone produced from the pineal gland which is nested at the center of the brain. Melatonin production declines as we age, from a 50% loss in production at age 45 to a slow trickle at age 80. This decline in Melatonin production is considered a major cause for insomnia. Sound sleeping habits promote healthy, happier and longer life spans.

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