

21ST
CENTURY®



DIETARY SUPPLEMENT
SUPER VALUE

Melatonin is a hormone produced from the pineal gland which is nestled 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.

Directions: Take one (1) tablet thirty minutes before bedtime, or as directed by your healthcare provider. Do not exceed recommended dosage.

CAUTION: Do not take if you are operating machinery or a vehicle. Not intended for use by those under the age of 18.

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.

Melatonin
3 mg

To Support A Good Nights Rest*

200 Tablets

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 200

Amount Per Serving	% DV
Melatonin	3 mg **

** Daily Value (DV) not established.

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

* 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.

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

21ST Century HealthCare, Inc.
2119 S. Wilson Street, Tempe, AZ 85282 USA
www.21stcenturyvitamins.com

