



1-800-9445-00

Melatonin 10 mg Tablets

Solgar's Melatonin 10 mg Tablets are a terrific choice for people experiencing occasional sleeplessness, those with jet lag or anyone wanting to promote sound, quality sleep.* This product is also ideal for those individuals who may need a higher level of sleep support.*



Melatonin 10 mg Tablets:

UPC	Quantity	Vegetarian	Kosher
033984019560	60	Yes	Yes

*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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Supplement Facts

Serving Size 1 Tablet

Amount Per Serving

Melatonin	10 mg**
(as N-Acetyl-5-Methoxytryptamine)	

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Silica, Vegetable Magnesium Stearate.

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet at bedtime as Melatonin may produce drowsiness, or as directed by a healthcare practitioner.

Solgar's Melatonin 10 mg Tablets are free of sugar, salt, yeast, wheat, soy, gluten and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

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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.