

Do not accept if seal is broken. Product No. 1690
Store between 59°-86° F.
Keep out of the reach of children.

WARNING: Not for use by persons under the age of 18. Do not exceed 3 mg in a 24 hour period. Use only at bedtime. Do not take this product when driving a motor vehicle or operating heavy machinery. If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. Not recommended for consumption with alcoholic beverages. In case of accidental overdose, seek professional assistance. **NO:** Yeast, corn, wheat, soy, gluten, milk, salt, sugar, preservatives or artificial color.

Lot No:

Best by:



SPECIALTY SUPPLEMENTS

MELATONIN

1 mg

Gluten-Free

60 Tablets

Dietary Supplement



Directions: Adults take one (1) tablet one half hour before bedtime. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value
Melatonin	1 mg *

*Daily Value not established.

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, silica, magnesium stearate, vegetable glaze.



This product has been manufactured at an NSF GMP Registered facility.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway
Hauppauge, NY 11788
CountryLifeVitamins.com

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