

ACTUAL SIZE



CODE 3257 V2



Melatonin

HELPS REGULATE SLEEP CYCLE*

3 mg

• High Quality

180 Capsules

A Dietary Supplement



SUGGESTED USAGE: As a dietary supplement, take one capsule near bedtime with water. Capsule may be opened and the contents divided over several evenings if desired. Consider taking this product in combination with NOW® True Calm™ and 5-HTP.

Research indicates that Melatonin may be associated with the regulation of sleep/wake cycles. Melatonin is a potent antioxidant that defends against free radicals and helps to support glutathione activity in the neural tissue.*

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.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	
Melatonin	3 mg*

* Daily Value not established.

Other ingredients: Rice Flour and Gelatin (capsule).

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

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

Contains no sugar, salt, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

NOW® Melatonin has a minimum purity of 99%.

Store in a cool, dry place. Please Recycle.

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