

ACTUAL
SIZE

CODE 3259 V2

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Melatonin

HELPS REGULATE SLEEP CYCLE

3 mg

- Chewable
- Fast Absorption*

180 Lozenges

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 1 Lozenge

	Amount Per Serving	% Daily Value
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Vitamin B-6 (Pyridoxine HCl)	3 mg	150%
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Melatonin	3 mg	†
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† Daily Value not established.

Other Ingredients: Fructose, Cellulose, Stearic Acid (vegetable source), Mannitol, Natural Peppermint Flavor, Sorbitol and Magnesium Stearate (vegetable source)

Manufactured by NOW FOODS, 395 S. Glen Elyn Rd.,

Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

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

Vegetarian/Vegan Product.

This product has been formulated in a lozenge form to ensure the fastest and most complete absorption of Melatonin into the bloodstream. NOW® Melatonin is synthesized according to the highest pharmaceutical standards of quality and purity. NOW's Melatonin is not animal derived. Store in a cool, dry place. Please Recycle!

Do Not Eat Freshness Packet. Keep in Bottle.

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.

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

SUGGESTED USAGE: As a dietary supplement, take one lozenge just prior to bedtime as needed. Chew lozenge or hold in mouth until dissolved. 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.*