

ACTUAL
SIZE



CODE 3262

V2

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

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

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.

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, 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.

SUGGESTED USAGE: As a dietary supplement, take one tablet about 1 hour before bedtime with juice or water. Consider taking this product in combination with NOW® True Calm™ and 5-HTP.

Melatonin

HELPS REGULATE SLEEP CYCLE*

1 mg

- Two Stage Release
- With Co-Factor Nutrients

100 Tablets

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine HCl)	5 mg	250%
Magnesium (from Magnesium Citrate)	40 mg	10%
Melatonin	1 mg	†

† Daily Value not established.

Other ingredients: Calcium Carbonate, Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Vegetable Coating. Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

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*.

Vegetarian/Vegan Product.

Do Not Eat Freshness Packet. Keep in Bottle.