

ACTUAL
SIZE



CODE 3263 V2

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108
Made in the U.S.A. www.nowfoods.com

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

250 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.

Vegetarian/Vegan Product.

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.*

Do Not Eat Freshness Packet. Keep in Bottle.