

ACTUAL SIZE



CODE 3556



Following consumption of melatonin.

Caution: For adult use only. Keep out of reach of children. 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.

activity in the neural tissue.*

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

SUGGESTED USAGE: As a dietary supplement for adults, take 1 Vcap® 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.



High Potency Melatonin

HELPS REGULATE SLEEP CYCLE*

5 mg

• Premium Quality

180 Vcaps®

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 1 Vcap®

Amount Per Serving

Melatonin 5 mg*

* Daily Value not established.

Other ingredients: Cellulose, Vegetable Polysaccharide (capsule) and Magnesium Stearate (vegetable source).

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

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

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

Vegetarian/Vegan Product.

Vcaps® is a registered trademark of Capsugel.

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.