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MELATONIN

SLEEP AID*



3 MG **120** TABLETS

VEGETARIAN DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) to three (3) tablets only at bedtime as Melatonin may produce drowsiness.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Melatonin (as n-Acetyl-5-Methoxytryptamine)	3 mg **

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose. Contains <2% of: Silica, Vegetable Magnesium Stearate.

Melatonin works in harmony with your natural sleep cycle to give you the tranquil rest you deserve, so you can awaken feeling refreshed.* Inspired by the natural rhythm of life, Melatonin is an ideal choice for people experiencing occasional sleeplessness, those with jet lag, or those seeking to improve their quality of rest.*

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