



bringing wellness to the world since 1969

Melatonin

Dietary Supplement

120 capsules • 1 mg



- DO NOT USE IF SEAL IS BROKEN.
- STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one capsule with water one half-hour before bedtime.

WARNING: As melatonin may produce drowsiness, do not drive an automobile or operate heavy equipment after taking. Do not take this product if you are pregnant or nursing, have an autoimmune condition or a depressive disorder, or are under 16 years of age. Consult your healthcare provider before use if you are experiencing long-term sleep difficulties, have a medical condition or if you are taking any prescription medications.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Melatonin

1 mg*

*Daily Value not established.

Other ingredients: Rice flour, gelatin.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**
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TO REORDER, CALL TOLL FREE **1-800-437-4148**
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2