



Melatonin

Dietary Supplement



60 veggie capsules • 500 mcg

- 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 veggie capsule with water one-half hour before bedtime.

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

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving

Melatonin 500 mcg*

*Daily Value not established.

Other ingredients: Rice flour, hypromellose (vegetable capsule).

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA

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