



Melatonin

Dietary Supplement

60 capsules • 3 mg



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

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 3 mg*

*Daily Value not established.

Other ingredients: Rice flour, gelatin.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



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