

# Swanson ULTRA®

The Most Advanced Nutrition Technology

TABLETS

## Dual-Release Melatonin

Dietary Supplement



60 TABLETS • 3 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 dual-release tablet with water 20 minutes before bedtime; or as recommended by your healthcare provider. The unique dual-release delivery system releases 1.5 mg of melatonin within minutes. An additional 1.5 mg is gradually released over 5 to 8 hours.

**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 Dual-Release Tablet

| Amount Per Serving |       |
|--------------------|-------|
| Melatonin          | 3 mg* |

\*Daily Value not established.

Other ingredients: Lactose (from milk), dicalcium phosphate, hydroxypropyl methylcellulose, microcrystalline cellulose (plant fiber), croscarmellose sodium, stearic acid, magnesium stearate, curcumin (color), silica, riboflavin (color).

DISTRIBUTED BY SWANSON HEALTH PRODUCTS  
Fargo, ND 58104 USA

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