

Melatonin is a hormone that is produced by the pineal gland in the brain. Its secretion is determined by light and seasonal patterns which dictates the circadian rhythms (sleep/wake cycle) of the body. Supplementation has produced remarkable benefits in individuals who work night shifts, travel across multiple time zones or have difficulty sleeping.**

- **Supports Normal Sleep Patterns****
- **Dictates the Circadian Rhythms (Sleep/Wake Cycle)****
- **May Reduce the Effects of Jet Lag****

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

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Lot#
Best if used by:



MELATONIN

3 MG

Promotes Normal Sleep Patterns**

60 VEGAN CAPSULES
DIETARY SUPPLEMENT



Suggested Usage: Take 1 capsule before bedtime or as directed by your qualified healthcare provider.

Supplement Facts

Serving Size 1 Vegan Capsule
Servings Per Container 60

	Amount Per Serving	%DailyValue*
Melatonin (N-acetyl-5-methoxytryptamine)	3mg	†

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Rice flour, and cellulose capsule.

Contains **NO** added milk, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten or yeast ingredients.

WARNING: Not for use by people under the age of 18. Excessive consumption may impair ability to drive or operate heavy equipment. Not recommended for consumption with alcoholic beverages. The NIH has warned of the possible dangers of melatonin supplements, including infertility, reduced sex drive in males, hypothermia, retinal damage and interference with hormone replacement therapy.

Formulated by & Manufactured for: MRM
2665 Vista Pacific Dr. • Oceanside, CA 92056 USA
www.mrm-usa.com • 1-800-948-6296

