

Directions: As a dietary supplement, take one chewable tablet 30 to 60 minutes before bedtime or as directed by a healthcare practitioner.

Bluebonnet's EarthSweet® Chewables Melatonin 5 mg Tablets help promote restful sleep for those affected by disturbed sleep/wake cycles, such as those traveling across multiple time zones. This product is naturally sweetened with EarthSweet®, an all-natural sweetening mix of juice concentrates and cane crystals. Available in chewable tablets for maximum assimilation and absorption.♦

EarthSweet® is a registered trademark of Bluebonnet Nutrition Corp.

Warning: Not for long-term use or for children under 12 years of age. If you suffer from chronic sleeplessness and/or are taking prescription medications, such as tranquilizers, sedatives, or antidepressants like MAO inhibitors, consult with your healthcare practitioner before use. Do not use this product if you are pregnant, trying to conceive or breastfeeding. Residual drowsiness may occur, so refrain from operating machinery or driving a vehicle when taking this product.

Manufactured by
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♦These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Bluebonnet®

**EarthSweet®
Chewables**

**Melatonin
5 mg**



**Natural Raspberry Flavor
Dietary Supplement**



60 Chewable Tablets

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	
Calories		1
Total Carbohydrate	<0.6 g	<1
Sugars	<0.6 g	
Includes <0.6 g added sugars		1
Melatonin	5 mg	*

*Daily Value not established.

Other ingredients: Natural raspberry flavor, natural strawberry flavor, EarthSweet® [juice concentrates (wild blueberry, cranberry, prune, cherry, strawberry, grape, raspberry, and bilberry fruits, grape seed and raspberry seed extracts) and cane crystals], stearic acid, vegetable magnesium stearate.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley, rice and sodium.
Bluebonnet's KOF-K Certification #K-0000700

