

List No. 2741  
L200  
Cat. A491  
5A044



# Melatonin

3 mg



Helps  
Support  
Sleep†

DIETARY SUPPLEMENT  
**120 TABLETS**



**HELPS SUPPORT SLEEP†** - Melatonin is a hormone produced in the pineal gland, which helps to regulate sleep and wake cycles.†

**No Color Added • No Artificial Flavors • No Preservatives • No Yeast • Gluten Free**

**SUGGESTED USE:** Take one tablet one hour before bedtime. Do not exceed one tablet daily unless recommended by a health care professional. For easier swallowing, take with water before and during ingestion. Keep bottle tightly closed. Store in a cool, dry place, and away from direct sunlight. Keep out of reach of children. **Do not use if imprinted seal under cap is broken or missing.**

**WARNING:** Do not use this product unless advised by a physician if you are pregnant, attempting to become pregnant, or nursing; or if you are taking any medications or have any chronic disease, including hypertension (high blood pressure), diabetes, or an endocrine, auto-immune, depressive, bleeding or seizure disorder. Do not drive a motor vehicle or operate machinery when taking melatonin. Not intended for individuals under the age of 18 years. Consult a health care professional if you are experiencing persistent sleep difficulties.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Calcium (as Dibasic Calcium Phosphate) 65 mg	7%
Melatonin 3 mg	*

\*Daily Value not established.

**OTHER INGREDIENTS:** Sodium Starch Glycolate, Magnesium Stearate.

Distributed by: **Nature Made Nutritional Products**  
Mission Hills, CA 91346-9606, U.S.A.

**1-800-276-2878 • www.NatureMade.com**

USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. [www.uspverified.org](http://www.uspverified.org).

† 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.

† 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.

Lot.:  
Exp.: