

VALUE SIZE

List No. 2743

L201

Cat. A526

5A044


Nature Made®

Melatonin

5 mg



For Short-Term
Use to Help
Support Sleep†

DIETARY SUPPLEMENT
90 TABLETS



† 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.

Nature Made® Melatonin provides 5 mg of melatonin. 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: Consult your health care professional before 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 the 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) 80 mg	8%
Melatonin 5 mg	*

*Daily Value not established.

USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements.
www.uspverified.org

OTHER INGREDIENTS: Sodium Starch Glycolate, Magnesium Stearate, Croscarmellose Sodium.
Distributed by: Nature Made Nutritional Products
Mission Hills, CA 91346-9606, U.S.A.
1-800-276-2878 • www.NatureMade.com

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Lot: _____
Exp: _____