

List No. 4028
L201
Cat. A526
5A007



Melatonin

5 mg



For Short-Term Use to
Help Support Sleep†

DIETARY SUPPLEMENT
250 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.

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

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.

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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