

List No. 4034
L200
Cat. A491
5A005



Melatonin

3 mg



DIETARY SUPPLEMENT
30 TABLETS

Helps
Support
Sleep[†]

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

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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.

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**Lot:
Exp.:**

