



theVitamin Shoppe®

# melatonin

3mg

sleep<sup>v</sup>

antioxidant<sup>v</sup>

specialty

60 capsules  
dietary supplement

gluten  
free

soy  
free

dairy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 1 Capsule

|           | Amount<br>Per Serving | % Daily<br>Value |
|-----------|-----------------------|------------------|
| Melatonin | 3 mg                  | *                |

\* Daily Value not established.

**Other ingredients:** Microcrystalline cellulose, gelatin, silicon dioxide, magnesium stearate.

**Does not contain:** Gluten, Sugar, Salt, Preservatives, Artificial Colors or Flavors.

<sup>v</sup> 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.

**DIRECTIONS:** Take one (1) capsule daily, prior to bedtime as needed, or as directed.

**WARNING:** Consult your physician prior to use if you are pregnant, nursing or being treated for depression. Do not drive or operate heavy machinery while using this product. Not intended for children under 12.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc. Secaucus, NJ 07094  
Visit [www.vitaminshoppe.com](http://www.vitaminshoppe.com)  
or call 1-800-223-1216 for more information and to reorder.

Item No. VS-1335

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