

Swanson ULTRA®

The Most Advanced Nutrition Technology

TABLETS

Tart Cherry & Melatonin

Dietary Supplement

30 TABLETS



- DO NOT USE IF SEAL IS BROKEN.
- STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one tablet per day with water one-half hour before bedtime.

WARNING: As melatonin may produce drowsiness, do not drive an automobile or operate heavy equipment after taking. Do not take this product if you are pregnant or nursing, have an autoimmune condition or a depressive disorder, or are under 16 years of age. Consult your healthcare provider before use if you are experiencing long-term sleep difficulties, have a medical condition, or if you are taking any prescription medications.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving

Whole Tart Cherry Powder (Prunus cerasus)	500 mg*
Melatonin	3 mg*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose (plant fiber), stearic acid, croscarmellose sodium, magnesium stearate, silica, aqueous coating.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

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