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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule 30-60 minutes before bedtime, or as recommended by a healthcare practitioner.

CAUTION: Consult your healthcare provider before taking this product if you are being treated for a medical condition (especially autoimmune or depressive disorders). Use caution if combining with alcohol. This product is not intended for children, pregnant or lactating women, or women trying to become pregnant. Do not attempt to drive or operate heavy machinery after taking this product.

Non-GMO

Store tightly closed in a cool, dry place.

ChromeMate® is a registered trademark of Interhealth Nutritionals, Inc.
ChromeMate® brand niacin-bound chromium.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.

*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.



Q01445D

LifeExtension®

Quiet Sleep Melatonin

5 mg



Promotes Optimal Sleep*

Dietary
Supplement

CHROME MATE®

60 Vegetarian
Capsules

Supplement Facts

Serving Size 1 Vegetarian Capsule

Amount Per Serving	% Daily Value	
Vitamin C (as niacinamide ascorbate)	220 mg	367%
Niacin (as niacinamide ascorbate)	73.5 mg	368%
Vitamin B6 (as pyridoxal 5'-phosphate)	10 mg	500%
Vitamin B12 (as methylcobalamin)	100 mcg	1667%
Calcium (as calcium carbonate, citrate)	48 mg	5%
Magnesium (as magnesium oxide)	120 mg	30%
Chromium (as ChromeMate® chromium polynicotinate)	50 mcg	42%
Melatonin (immediate release)	5 mg	**
Inositol	100 mg	**

**Daily Value not established.

Other ingredients: vegetable cellulose (capsule), dicalcium phosphate, microcrystalline cellulose, vegetable stearate, maltodextrin, silica.

Manufactured for: **Quality Supplements and Vitamins, Inc.**
Ft. Lauderdale, FL 33309 • LifeExtension.com

To report a serious adverse event or obtain product information, contact 1-866-280-2852.