

Seeking a sleep promoter?*

Country Life's melatonin mimics that which is naturally produced in the body.** The Rapid Release Delivery System allows the tablets to dissolve within minutes. Available in 1 and 3 mg strengths.

** 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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO YEAST, WHEAT OR CORN
YES CERTIFIED VEGAN BY THE AVA	NO SOY, MILK OR SALT
YES RECYCLABLE PACKAGING	NO SUGAR OR PRESERVATIVES
YES MANUFACTURING SUPPORTS WIND POWER	NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
YES KOSHER	NO GMOs

This product has been manufactured at a GMP Registered facility.
Lot No:

Best by:



MELATONIN

3 mg

Certified Gluten-Free

- ▶ Promotes optimal sleep**
- ▶ Moderate dose sleep promoter**
- ▶ With Rapid Release Delivery System

Dietary Supplement

30 Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

ESTABLISHED
— 1971 —
Country
Life

Directions: Adults take one (1) tablet one half hour before bedtime. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value
Melatonin	3 mg *

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, silica, magnesium stearate, vegetable glaze.

CAUTION: Not for use by persons under the age of 18. Use only at bedtime. Do not take this product when driving a motor vehicle or operating heavy machinery. Consult your doctor before using this product if you are pregnant or nursing, have a medical condition, are taking medication or planning a surgery, or if you are experiencing long-term sleep difficulties. If any adverse reactions occur, stop taking the product and consult your doctor. Not recommended for consumption with alcoholic beverages. In case of accidental overdose, seek professional assistance.

Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
Product No. 1688