

swanson.com
or call 1-800-437-4148

- Encourages healthy sleep patterns
 - Helps regulate the body's circadian rhythm
 - Boosts antioxidant activity
- Science-Backed Quality Since 1969**

Suggested use: As a dietary supplement, take one capsule with water one-half hour before bedtime.

WARNING: For adults only. 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. Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

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.



Triple Strength Melatonin

Sleep Support

10 mg

DIETARY SUPPLEMENT | 60 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Melatonin 10 mg*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose (plant fiber), gelatin, may contain one or both of the following: magnesium stearate, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA • 1-800-437-4148 Rev 1 06 22 18

