

Melatonin

NutriCology® was the first to introduce melatonin into the healthfood and professional markets. Melatonin's main function in the body is to support sleep.*

Suggested Use

As a dietary supplement, 1 or 2 capsules one hour before bedtime, or as directed by a healthcare practitioner.

WARNING: Melatonin may have a strong sedating effect within 20 minutes of consumption. Not to be used during daytime. Not recommended for women who are pregnant, wishing to become pregnant, or breastfeeding; for children or adolescents; or for those with a prior history of seizures. Do not use while operating a motor vehicle or other machinery. In rare cases it may stimulate seasonal affective disorder, depression, or have stimulatory effects.



Melatonin

Fast Acting Formula

Hypoallergenic

Dietary Supplement



100 vegetarian capsules

Supplement Facts

Serving Size	2 Capsules
Servings Per Container	50

Amount Per Serving	% Daily Value
Melatonin	2.6 mg *

* Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

Keep in a cool, dry place, tightly capped.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Formulated exclusively for NutriCology®
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