

Melatonin 3 mg

Melatonin's main function in the body is to support sleep.*

Suggested Use

As a dietary supplement, 1 or 2 tablets 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.



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Hypoallergenic

Dietary Supplement



120 tablets

Supplement Facts

Serving Size	2 Tablets
Servings Per Container	60

Amount Per Serving	% Daily Value
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Melatonin	6 mg	*
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* Daily Value not established

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, magnesium stearate, silicon dioxide.

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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