



melatonin

5 mg

may help support restful sleep patterns*



60 TABLETS DIETARY SUPPLEMENT



ACTUAL
SIZE

*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.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Melatonin 5 mg	†
Chamomile (flower) 500 mcg	†

†Daily Value not established.

Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Starch Acid, Melatonin, Magnesium Stearate, Silicon Dioxide, Chamomile.

GLUTEN FREE

Questions? Call 1-800-910-6874

094 02 1747 ID582498

Distributed by Target Corporation

Minneapolis, MN 55403

© 2012 Target Brands, Inc.

Shop Target.com

*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.

BALANCE

In the body, melatonin is involved in the natural sleep cycle.* Melatonin may be a terrific choice for people experiencing occasional sleeplessness, those with jet lag, or anyone seeking to promote relaxation and restful sleep.*

Directions: Adults, take one tablet at bedtime as melatonin may produce drowsiness. As a reminder, discuss the supplements and medications you take with your healthcare provider.

WARNING: Do not use this product if you are pregnant, considering becoming pregnant or nursing a baby. Consult your doctor before use if you are taking any medication (including over-the-counter medication), planning a medical procedure or have any medical condition including but not limited to: an autoimmune condition, depression, liver or kidney disease, diabetes, heart problems, seizures, or bleeding problems. Do not drive, operate machinery or consume alcohol when taking this product.

Discontinue use and consult your doctor if any adverse reactions occur.

Keep out of reach of children.

Store at room temperature (59°-86°F).

**EXP 12/14
3AN1411**

: JY572 UW FJ