

**Rugby**<sup>®</sup>

# Melatonin

## 3 mg

DIETARY SUPPLEMENT

60 TABLETS

**TAMPER RESISTANT - DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING**

**DIRECTIONS: Adults:** Take one tablet, preferably 20 minutes before bedtime, as a dietary supplement or as recommended by a doctor.

## Supplement Facts

Serving Size 1 Tablet

Amount per tablet

Melatonin 3 mg

% Daily Value

\*

\*Daily Value not established.

**Other ingredients:** Microcrystalline cellulose, stearic acid, magnesium stearate, silica.

**WARNINGS:** For adult (18 years of age and over) use only. Not for use by children, teenagers, pregnant or lactating women. Consult a physician before use if you are a woman of childbearing age or if you are currently taking any medication. **DO NOT** take this product if you have autoimmune conditions, depressive disorder, heart, liver, kidney, or any other disease without consulting a physician. Do not take this product prior to driving a motor vehicle or operating machinery.

**FREE OF:** Yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, artificial colors - flavors, sodium, starch, and animal by-products.

Store at room temperature

**KEEP OUT OF REACH OF CHILDREN**

Distributed by: Rugby Laboratories

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[www.rugbylaboratories.com](http://www.rugbylaboratories.com)

R-95 Re-order No. 370116



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Control No.:

Exp. Date:

Non Varnish Area

Questions or comments?  
Call 1-800-645-2158