

**Suggested Use:** Take one (1) 10 mg tablet 30 minutes prior to sleep. Easy snap tablet may be split into two (2) 5 mg servings.

**Uso sugerido:** Tomar una (1) pastilla de 10 mg 30 minutos antes de dormir. La pastilla fácil de partir se puede dividir en dos (2) 5 mg porciones.

**Description:** Melatonin may be helpful to support a restful night's sleep.\* Helps support normal circadian rhythm. Wake up feeling fresh and energized.\*

**Descripción:** Melatonin puede ser útil para apoyar una noche de sueño reparador.\* Ayuda a apoyar el ritmo circadiano normal. Despierta una sensación de frescura y con energía.\*

**Warning:** This product should not to be taken by pregnant or lactating woman. Consult your physician if you have an auto immune disorder. Do not operate machinery or drive a vehicle while on this product. Should not be taken during daylight hours. Keep out of reach of children.

\*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.



**Bio**  
NUTRITION

# Melatonin

## 10 mg

(Easy Snap 5mg & 5mg)

**60 Snap tabs**  
**Dietary Supplement**

### Supplement Facts

**Serving Size: One (1) tablet**  
**Each serving supplies:**

Amount Per Serving	%Daily Value
Melatonin	10 mg **

\*\*Daily value not established  
% Daily value based on 2,000 calorie diet

Additional ingredients: Di calcium phosphate, cellulose, corscarmellose sodium, silicon di oxide, magnesium stearate, stearic acid

**Free of gluten, wheat, dairy,  
soy, corn, preservatives, artificial  
colors and most common allergens.**



**Made in**  
**USA**

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