

DIETARY SUPPLEMENT

Melatonin

5 mg



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	% Daily Value
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Melatonin	5 mg *
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*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 sugar, starch, sodium, gluten, yeast, preservatives, animal by-products, artificial colors-flavors.

Store between 15°-30°C (59°-86°F).

KEEP OUT OF REACH OF CHILDREN



R-95 Re-order No. 370449 Rev. 11/15

Control No.:

Exp. Date:

Non Varnish Area

Distributed by: Rugby Laboratories
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www.rugbylaboratories.com

Questions or comments?
1-800-645-2158