

DIETARY SUPPLEMENT

**Rugby**<sup>®</sup>

**Melatonin**  
**1 mg**

90 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

Melatonin 1 mg \*

\*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**

Distributed by: Rugby Laboratories  
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[www.rugbylaboratories.com](http://www.rugbylaboratories.com)



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Control No.:

Exp. Date:

**Non Varnish Area**

Questions or comments?  
1-800-645-2158