

**Rugby**®

**Melatonin**

**5 mg**

**DIETARY SUPPLEMENT**

**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
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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**

Distributed by: Rugby Laboratories

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



R-95

Re-order No. 370518

Rev. 12/16

Control No.:

Exp. Date:

**Non Varnish Area**

Questions or comments?

Call 1-800-645-2158