

Doctor's Best Melatonin supplies melatonin, a naturally secreted substance in the body to help regulate circadian rhythm, often referred to as the "internal body clock," that tells our body when to sleep, rise, eat – regulating many physiological processes for the body and the brain to function normally. Certain factors may affect circadian rhythm such as individuals adjusting sleep-wake cycles with daily work schedule shifts or time zone changes and jet lags.*

Supplemental melatonin helps by regulating the onset of a quality and overall sleep with the benefits of a fast-acting and pleasant-tasting chewable tablet.*

Helps support circadian rhythm (internal body clock)*

Helps support healthy sleep cycle*

Helps support overall sleep quality*

Helps support cognitive function and brain health*

Helps support recovery from jet lag*

*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.



YDRB407-1

**Doctor's
BEST**

**Science-Based
Nutrition™**

Melatonin

Natural Mint Flavor



**HELPS SUPPORT HEALTHY SLEEP CYCLE
AND OVERALL SLEEP QUALITY***

**Dietary
Supplement**

5 mg • 120 Chewable Tablets



Supplement Facts

Serving Size 1 Chewable Tablet

Servings Per Container 120

	Amount Per Serving	% Daily Value
Melatonin	5 mg	†

† Daily Value not established.

Other Ingredients: Mannitol, modified starch, natural mint flavors, magnesium stearate (vegetable source), silicon dioxide.

Suggested Adult Use: As a dietary supplement, chew 1 tablet daily at bedtime, or as recommended by a nutritionally-informed physician.

WARNING: Not intended for pregnant, lactating, or individuals under the age of 18. If you have a medical condition or taking medications, consult your physician before taking this product. Do not use before or while operating a motor vehicle or heavy machinery. Keep out of reach of children.

Non-GMO / Gluten Free / Vegan

Store in a cool dry place.

Manufactured for **Doctor's Best, Inc.**

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