

For over 40 years, Vitamin World has pioneered the manufacture of premium nutritional supplements. Our commitment to quality is the highest in our industry. Every product undergoes rigorous analysis for purity, potency, safety and freshness. *We guarantee it.*



No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid excessive exposure to sun and other sources of ultraviolet light when using this product. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

TO REORDER PROD. #51829
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by Vitamin World, Inc.
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MELATONIN

WITH ST. JOHN'S WORT

STANDARDIZED TO CONTAIN 0.3% HYPERICIN

SLEEP AID*



DUAL ACTION TRANQUILITY & MOOD SUPPORT FORMULA*

90

RAPID RELEASE
CAPSULES

DIETARY SUPPLEMENT

DIRECTIONS: For adults, take three (3) capsules at bedtime as Melatonin may produce drowsiness.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

Amount Per Serving	%Daily Value
Calories	5
Total Carbohydrate	1 g <1%**
St. John's Wort Extract (<i>Hypericum perforatum</i>) (aerial) (standardized to contain 0.3% Hypericin)	900 mg ***
Melatonin	3 mg ***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Other Ingredients: Vegetable Cellulose, Gelatin. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.

Melatonin may be appropriate for people experiencing occasional sleeplessness or anyone wanting to promote sound, quality sleep.*

*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.