

Melatonin 3 mg

Melatonin's main function in the body is to support sleep.*

Suggested Use

As a dietary supplement, 1 or 2 tablets one hour before bedtime, or as directed by a healthcare practitioner.

WARNING: May have a strong sedating effect within 20 minutes of consumption. In rare cases may stimulate seasonal affective disorder, depression or have stimulatory effects. Not recommended for children or adolescents, for long term administration, or for those with a prior history of seizures. Do not use while operating a motor vehicle or other machinery.

Keep in a cool, dry place, tightly capped.



Rev. 003

AllergyResearchGroup®

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dietary supplement

HYPOALLERGENIC

120 tablets

Supplement Facts

Serving Size	2 Tablets
Servings Per Container	60

Amount Per Serving	% Daily Value
Melatonin	6 mg *

* Daily Value not established.

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, magnesium stearate, silicon dioxide.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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