

Melatonin 20 mg

Melatonin, at 20 mg per capsule. Melatonin's main function in the body is to support sleep.*

Suggested Use

As a dietary supplement, 1 capsule 30 minutes before bedtime, or as directed by a healthcare practitioner.

Warning: May have 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.



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Allergy Research Group

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dietary supplement

HYPOALLERGENIC

60 vegetarian capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% Daily Value
Melatonin	20 mg *

* Daily Value not established.

Other Ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

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Formulated exclusively for
Allergy Research Group®
Alameda, CA 94502
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*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.