

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 capsule daily, 1/2 to 1 hour before bedtime.

Warning: See side panel.

Keep out of the reach of children.



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our hypoallergenic
supplements

Use only if safety
seal is intact.

Contents may not fill
package in order to
accommodate required
labeling. Please rely on
stated quantity.

Certified Gluten-Free
by the Gluten-Free
Certification Organization,
www.gluten.org



Melatonin 3 mg

*Supports the body's natural
sleep cycle[†]*

Gluten-free, Non-GMO
& Hypoallergenic
Dietary Supplement
180 CAPSULES



Supplement Facts

Serving size 1 capsule
Servings per container 180

	Amount Per Serving	%DV
Melatonin	3 mg	*
*Daily value (DV) not established		

Other ingredients: hypoallergenic plant fiber (cellulose),
vegetarian capsule (cellulose, water)

WARNING: Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

[†]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.