

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% DV
Melatonin (as n-Acetyl-5-Methoxytryptamine)	1 mg	*

* Daily Value not established.

Other ingredients: Dicalcium Phosphate, Vegetable Cellulose, Vegetable Magnesium Stearate.

DIRECTIONS: For adults, take one (1) tablet only at bedtime, as Melatonin may produce drowsiness. Not intended for use by persons under the age of 18. Limit use to two months with a break of one week.



DIETARY SUPPLEMENT

90 Tablets

WARNINGS:

Not intended for use by pregnant or nursing women. Ask a doctor before use if you have an autoimmune condition, a depressive disorder, or are under a doctor's care for any other condition. Ask a doctor or pharmacist before use if you are taking any tranquilizers, sedatives or any other medication. Stop use and contact your doctor if any adverse reactions occur. You may experience some residual drowsiness. Do not drive, operate machinery or consume alcohol when taking this product.

Keep out of reach of children

Store at room temperature

Tamper Evident: Do not use if imprinted seal under cap is missing or broken.

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