

21ST
CENTURY.



Melatonin

5 mg



Sleep Support*

DIETARY SUPPLEMENT

120 TABLETS



Directions: As a dietary supplement, adults take one (1) tablet 30 minutes before bedtime or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

CAUTION: Do not take if you are operating machinery or a vehicle. Not intended for use by pregnant or nursing women or those under the age of 18.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Sugar, Yeast, Preservatives, Artificial Flavors or Colors.

ACTUAL
SIZE

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving % Daily Value

Calcium 94 mg 7%
(as Calcium Carbonate)

Melatonin 5 mg **

** Daily Value not established.

Other Ingredients: Cellulose, Croscarmellose Sodium, Maltodextrin, Stearic Acid.

Contains <2% of: Magnesium Stearate, Silicon Dioxide. 500847-0519M

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Melatonin works in harmony with your natural sleep cycle to promote relaxation and sleep so you can wake up refreshed and revitalized.* 500847-0519M

ACTUAL
SIZE

