



Simple Truth® Melatonin -- 3 mg - 60 Tablets

Shop all Simple Truth® | SKU #: 041260335891 | Shipping Weight: 0.27 lb | Servings: 60

Simple Truth® Melatonin Description

Free Form 101 Artificial Preservatives & Ingredients

Promotes Rest & Relaxation

Vegetarian

Gluten Free

As a naturally-occurring hormone, Melatonin is involved in setting our body's natural physiologic cycles. It assists the body to normalize sleep disruptions, and works in harmony with your normal sleep cycle. Ideal choice for those experiencing occasional sleeplessness, those with jet lag, or those seeking to improve their quality of rest. Our high quality source in a 3mg dose provides an optimal amount to promote rest and overall well-being.

Directions

As a dietary supplement, take one tablet on an empty stomach 30 to 60 minutes before bedtime.

Free Of

Artificial colors, flavors, or preservatives, wheat,gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 60

	Amount Per Serving	% Daily Value
Melatonin	3 mg	*

*Daily value not established.

Other Ingredients: Cellulose, calcium carbonate, stearic acid, (vegetable source), silica, magnesium stearate (vegetable source).

Warnings

Do not exceed recommended dosage. Use only at bedtime. Do not use if pregnant, or nursing. Regular dosage for individuals of any age should be limited to two weeks; do not exceed 3mg in any 24 hour period. If less than 40 years old do not use regularly for any purpose except on advice of a health care practitioner. If you are a diabetic, have an autoimmune disease, endocrine, depressive, or seizure disorder, consult your health care practitioner before use. Do not drive or operate machinery while taking this product. Not intended for use by children under age 18.