



Melatonin

10 mg

SLEEP AID*

DIETARY SUPPLEMENT

Actual Product
Size on Side Panel

60 CAPSULES

Supports
Sound Sleep*

*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.

Directions: For adults, take one (1) capsule at bedtime as Melatonin may produce drowsiness. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	%Daily Value
Melatonin	10 mg **

**Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Gelatin (Bovine), Silica, Vegetable Magnesium Stearate.

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V-19514



Actual Size

Melatonin is a supplement that works in harmony with your natural sleep cycle to support a sound, tranquil sleep.* Melatonin is an excellent choice for people experiencing occasional sleeplessness, those experiencing jet lag, or anyone looking to improve their overall sleep quality.*

Warning: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week. Not intended for use by children.

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No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, salt.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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