

Since 1972

Glandular System Support*

Melatonin, a hormone produced by the pineal gland, controls sleep patterns and influences our biological clock, affecting the way we age. Melatonin levels drop as we age, which may explain why sleep patterns change. Melatonin Extra provides 3mg of pure melatonin combined with herbs and natural vitamin E, a powerful antioxidant for optimal benefits.*

RECOMMENDATION: Take one capsule daily, 30 minutes before bedtime. Drink 1 glass (8 ounces) of water with the capsule.

**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.*

Warning: For adult use only. Not for use by children, teenagers, or pregnant or lactating women. Do not take this product during the day as it can cause drowsiness. Do not take this product when driving a motor vehicle or operating machinery. Use only at bedtime.

KEEP OUT OF THE REACH OF CHILDREN

This bottle was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials that are subject to color variation. Product of U.S.A.



MELATONIN EXTRA®

Dietary Supplement
60 CAPSULES

Stock No. 2830
NATURE'S SUNSHINE PRODUCTS, INC.
Spanish Fork, Utah 84660 1-800-223-8225
www.naturessunshine.com

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule	%Daily Value
Vitamin E (d-alpha tocopheryl acetate)	22mg 147%
Melatonin	3mg †
Proprietary Blend	105mg †
Eleuthero Root (<i>Eleutherococcus senticosus</i>), Ginkgo Leaf (<i>Ginkgo biloba</i>), Ginkgo Leaf Extract (standardized to 24% ginkgo flavone glycosides)	

†Daily Value not established

Other Ingredients: Cellulose (plant), capsule (gelatin, water), magnesium stearate (vegetable).

GUARANTEED PURE



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LOT:
Full Potency Through: