



# melatonin

10mg

sleep<sup>v</sup>

antioxidant<sup>v</sup>

specialty  
**60 tablets**  
dietary supplement

## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
<b>Melatonin</b>	<b>10 mg</b>	<b>*</b>

\* Daily Value not established.

**Other ingredients:** Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, stearic acid, aqueous coating, silicon dioxide, magnesium stearate.

**Does not contain:** Gluten, Sugar, Salt, Artificial Colors or Flavors.

**DIRECTIONS:** Take one (1) tablet daily, prior to bedtime as needed, or as directed.

**WARNING:** Consult your healthcare provider before taking this product if you are being treated for a medical condition or are taking any prescription medication(s). This product is not intended for children under 18, pregnant or lactating women, women trying to become pregnant, or for those with a prior history of seizures or depression. Do not take for more than 2 weeks consecutively. Take at bedtime only. May cause drowsiness, do not use alcohol, drive or operate heavy machinery when taking this product. Do not exceed recommended dose. Discontinue use and consult your doctor if you experience any adverse effects. Keep out of reach of children.

<sup>v</sup> 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.

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KEEP OUT OF REACH  
OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal  
is broken or missing.

Item No. VS-3265

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