Melatonin 20 mg

Melatonin, at 20 mg per capsule. Melatonin's main function in the body is to support sleep.*

Suggested Use

As a dietary supplement, 1 capsule 30 minutes before bedtime, or as directed by a healthcare practitioner.

WARNING: Melatonin may have a strong sedating effect within 20 minutes of consumption. Not to be used during daytime. Not recommended for women who are pregnant, wishing to become pregnant, or breastfeeding, or for children or adolescents. Do not use while operating a motor vehicle or other machinery.

Keep in a cool, dry place, tightly capped.

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Rev. 008

AllergyResearchGroup®

Melatonin 20 mg

High Potency Melatonin

dietary supplement

HYPOALLERGENIC

60 vegetarian capsules

Supplement Facts

Serving Size	1 Capsule
Servings Per Container	60

Amount Per Serving	% Daily Value
Melatonin 20 mg	†

† Daily Value not established.

Other Ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

Formulated exclusively for
Allergy Research Group®
South Salt Lake, UT 84115
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Phone: 800.545.9960

*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.