



Actual Color and Size

Melatonin 3 mg

Food/Dietary Supplement

Suggested Use: Take one (1) tablet approximately twenty minutes before bedtime. Do not exceed recommended daily dose unless prescribed by your health care practitioner.

Supplement Facts

Serving Size = One (1) Tablet

Servings Per Container = Varied

Amount Per Serving	% Daily Value
Melatonin	3 mg *

*Daily Value not established

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

This product may be produced in a facility that also makes products containing milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, and soy. | Food supplements should not be used as a substitute for a varied diet.

Caution: 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 3 mg 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 have diabetes, an autoimmune, 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.



**TESTED
GLUTEN
FREE**



**CERTIFIED
NONGE
TESTED**

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In case of adverse event: 855-885-2855