



Maximum Strength Melatonin 5 mg

Tablets

Nature Made® Maximum Strength Melatonin 5 mg is designed for short-term use to help support sleep.[†]

- Helps support sleep for healthy adults who experience trouble sleeping[†]
- Helps to regulate sleep and wake cycles[†]

Count	90
Type	Tablets
Frequency	1 Daily
Dosage	5 mg

Dosage and Interactions

When to Take:

Suggested Use: Consult your health care professional before use. Take one tablet one hour before bedtime. Do not exceed one tablet daily unless recommended by a health care professional. For easier swallowing, take with water before and during ingestion.

Interactions:

Melatonin should be used with caution when combined with medications, including: antidepressants, anti-anxiety medications, diabetes medications, narcotics, blood pressure medication, and asthma medication. If you are using these or any other medications, please consult with your physician prior to using Melatonin.

Warning Statement:

Do not use this product unless advised by a physician if you are pregnant, attempting to become pregnant, nursing; or if you are taking any medications or have any chronic disease, including hypertension (high blood pressure), diabetes, or an endocrine, autoimmune, depressive, bleeding or seizure disorder. Do not drive a motor vehicle or operate machinery when taking melatonin. Not intended for individuals under the age of 18 years. Consult a health care professional if you are experiencing persistent sleep difficulties.

Given that no two people are alike, if you are taking any medications you should be aware that potential drug-nutrient interactions may occur and are encouraged to consult a health care professional before using this product. Combining certain prescription drugs and dietary supplements can lead to undesirable effects such as:

[†] These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Nature Made® Maximum Strength Melatonin provides 5 mg of Melatonin, a hormone produced in the pineal gland, which helps to regulate sleep and wake cycles.[†]

MAXIMUM 5 mg – For short-term use (2–5 days) to help support sleep for healthy adults who experience trouble sleeping due to interruption in normal sleep patterns (e.g. jet lag/shift work). For more information, visit NatureMade.com.

**No Color Added • No Artificial Flavors • No Preservatives
No Yeast • Gluten Free**

SUGGESTED USE: Consult your health care professional before use. Take one tablet within one hour before bedtime. Do not exceed one tablet daily unless recommended by a health care professional. Keep bottle tightly closed. Store in a cool, dry place and away from direct sunlight. Keep out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

WARNING: Do not use this product unless advised by a physician if you are pregnant, attempting to become pregnant, nursing; or if you are taking any medications or have any chronic disease, including hypertension (high blood pressure), diabetes, or an endocrine, autoimmune, depressive, bleeding or seizure disorder. Do not take melatonin while operating a motor vehicle or machinery. Not intended for individuals under the age of 18.

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet

Melatonin 5 mg

*Daily Value not established.

OTHER INGREDIENTS: Dibasic Calcium

Phosphate, Sodium Starch Glycolate,

Magnesium Stearate,
Croscarmellose Sodium.

Distributed by: **Nature Made Nutritional Products**

Mission Hills, CA 91346-9606, U.S.A.

1-800-276-2878 • www.NatureMade.com

Tableted and quality tested in the U.S.A.

USP has tested and verified ingredients, potency, and manufacturing process.

USP sets official standards for dietary supplements. www.uspverified.org.

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**STRENGTH LEVELS
of Melatonin**

R REGULAR
1 mg or below

E EXTRA
above 1 mg
up to 3 mg

M MAXIMUM
above 3 mg
up to 5 mg