

DIRECTIONS: Take one quick-dissolve tablet 15 to 60 minutes before bedtime as directed by your healthcare practitioner.

Children and pregnant or lactating women should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

Melatonin is produced naturally in the pineal gland of the brain in response to changes in light exposure; it helps maintain healthy sleep patterns as well as antioxidant and immune activities. Melatonin can be taken as a supplement to support these functions by promoting normal levels of melatonin in the body.*

*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.

STORAGE: Keep closed in a cool, dry place out of reach of children.

DOES NOT CONTAIN: Wheat, gluten, corn protein, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, eggs, artificial colors, artificial sweeteners, or preservatives.



VILLAGE
VITALITY

Melatonin 3mg

Support for Healthy Sleep Patterns*

Dietary Supplement

Pharmaceutical Grade • Professional Use Only

60 Quick-Dissolve Tablets

Supplement Facts

Serving Size: 1 Quick-Dissolve Tablet

Servings Per Container: 60

	Amount Per Serving	% Daily Value
Melatonin	3 mg	**

** Daily Value not established.

Other Ingredients: Xylitol, mannitol, stearic acid, silica, magnesium stearate, and natural peppermint flavor.

Melatonin 3mg Meets or Exceeds cGMP Quality Standards.

Manufactured for:
Village Vitality, LLC
Saugerties, NY
www.villagevitality.com
800-807-6861

REV. 060414

049285-06

This package is completely recyclable ♻