

DIRECTIONS: Take one tablet with water 20 minutes before bedtime, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

Sleep-Ease CR is a vegetarian formula with a biphasic delivery system that releases melatonin quickly and then steadily. Melatonin is naturally produced in the pineal gland in response to changes in light exposure; it helps promote healthy sleep patterns as well as antioxidant and immune activities. Sleep-Ease CR can support these functions by helping to maintain 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.

CAUTIONS: Not for use by children under 12 years of age. Do not take when operating machinery or driving a vehicle.

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

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



Sleep-Ease CR

Biphasic Controlled-Release
Melatonin Formula

DIETARY SUPPLEMENT
90 TABLETS

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 90

Amount Per Serving %Daily Value		
Vitamin B6 (as pyridoxine HCl)	10 mg	588%
Melatonin	5 mg	**

** Daily Value not established.

Other Ingredients: Cellulose, dibasic calcium phosphate, hypromellose, magnesium stearate, stearic acid, silica, methylcellulose, and glycerin.

Professional Use Only Manufactured in a GMP compliant facility.

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