

Supplement Facts

Serving Size 1 capsule
Servings Per Container 60

Amount Per Serving	% DV
Vitamin B6 10 mg (as pyridoxine HCl)	500%
Melatonin 3 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose, gelatin
(Kosher & Halal certified), water.

Melatonin

standard
VITAMINS

with vitamin B6

3 mg per capsule

The hormone melatonin is produced by the body's pineal gland. It is part of the body's *circadian* rhythm, its release stimulated by darkness and suppressed by light.*

DIETARY SUPPLEMENT
60 CAPSULES

10
MINUTES**

** These capsules will disintegrate in the digestive tract within 10 minutes after swallowing.

DIRECTIONS: Take 1 capsule daily, or as directed by your health care professional. Store container tightly closed in a cool, dry place. Keep out of children's reach. Pregnant or nursing women, or anyone taking medication or who has a medical condition, should consult a health-care professional before using this or any other dietary supplement.

QUALITY GUARANTEE: Certified potency and purity. Satisfaction guaranteed.

ALLERGEN STATEMENT: This product does not contain any of the major food allergens: milk, egg, fish, crustacean shell fish, tree nuts, wheat, peanuts and soybeans (see www.fda.gov). Gluten free.

* THESE STATEMENTS HAVE NOT BEEN APPROVED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.