



Suggested usage: Chew or dissolve before swallowing, 1 tablet per day prior to bedtime, or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Melatonin can help provide a more restful and natural sleep with refreshed awaking.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no starch, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by Natural Factors
14224 167th Avenue SE
Monroe, WA 98272

**Purity & Potency
Guaranteed**

Recyclable container and label.

Stress-Relax[®]

Melatonin

5 mg

180 Chewable Tablets

RESETS SLEEP-WAKE CYCLE*



Supplement Facts

Serving Size 1 Chewable Tablet

	Amount Per Serving	% Daily Value
Melatonin	5 mg	**

** Daily Value not established.

Other ingredients: Lactose (from milk), microcrystalline cellulose, natural source peppermint flavor, croscarmellose sodium, magnesium stearate (vegetable grade).

