

Suggested Usage: Take 1 capsule near bedtime with water.

Melatonin is a potent free radical scavenger naturally produced in the pineal gland and present in high amounts in the gastrointestinal tract.* It is involved in many of the body, brain and glandular biological functions including regulation of normal sleep/wake cycles, regulation of the immune system and maintenance of a healthy gastrointestinal lining.*

*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.

Caution: For adults only at bedtime. Not for pregnant or nursing women. May cause drowsiness. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Consult physician if taking medication (especially sedatives and anti-depressants) or have a medical condition (including depression, high blood pressure and epilepsy). Keep out of reach of children.

Distributed by US Longevity Institute
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U.S. LONGEVITY
INSTITUTE

Melatonin

Healthy Sleep Cycle*

Free Radical Scavenger*

Dietary
Supplement

60 Capsules

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Melatonin	3 mg*
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* Daily Value not established.

Other ingredients: Rice Flour and Gelatin (capsule).

Not manufactured with wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.

Please Recycle.

Natural color variation may occur in this product.

Non-
GMO