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This product contains NO yeast, wheat, gluten, soy, milk/dairy, corn, sodium, sugar, starch, artificial coloring, artificial preservatives or genetically modified organisms (GMOs).

Suggested Usage: As a dietary supplement, adults take 1 tablet 1 hour before bedtime as directed by your healthcare professional only.

Warning: If you are pregnant, nursing, taking medication (especially MAO inhibitors, immunosuppressant drugs, anticoagulation therapy or antihypertensive medication), or have a medical condition (including autoimmune, seizure, psychiatric or depressive disorders), or if you are experiencing long term sleep difficulties, consult your healthcare practitioner before use. Not to be administered to children unless directed by your healthcare professional. Long-term use of melatonin has not been studied. This product may cause drowsiness. Do not use before or while operating a motor vehicle or heavy machinery.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59˚-77˚F/15˚-25˚C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #83199 V2

Melatonin P.R.

3 mg Prolonged-Release

A Dietary Supplement

DOUGLAS LABORATORIES®

180 Tablets

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 180

Amount Per Serving	%DV
Melatonin ..... 3 mg	*

*Daily Value (DV) not established.

Other ingredients: Dicalcium phosphate, cellulose, silica and vegetable stearate.

Manufactured by:
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