

NOVA[®]
NUTRITIONS

Melatonin

Promotes Healthy Sleep Cycle
& Calmness*

10 mg

120 Tablets

DIETARY SUPPLEMENT

Melatonin is a supplement that works in harmony with your natural sleep cycle to support a sound, tranquil sleep so you can awaken refreshed. Melatonin is an excellent choice for people experiencing occasional sleeplessness, those experiencing jet lag, or anyone who just wishes to improve the quality of their sleep.*

CAUTION: For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week.

Keep out of the reach of children.

Do not use if safety seal is broken or missing.

Keep in cool, dry place.

**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.*



Supplement Facts

Serving Size: 1 Tablet

Serving Per Container: 120

	Amount Per Serving	% Daily Value
Melatonin (As N-Acetyl-5-Methoxytryptamine)	10 mg	**

**Daily Value not established.

OTHER INGREDIENTS: Dicalcium Phosphate, Cellulose, Silica, Vegetable Stearate, Stearic Acid, Croscarmellose Sodium, Pharmaceutical Glaze.

SUGGESTED USE: As a dietary supplement, take 1 tablet 30 minutes before bedtime or as directed by a physician.

FREE OF: Artificial Color, Preservatives, Sugar, Starch, Milk, Corn, Gluten, Wheat, Yeast, Fish.

Manufactured for Nova Nutritions,
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www.novanutritions.com
Lot#
Exp:

