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product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Take one (1) capsule 30 to 60 minutes before bedtime, or as recommended by a healthcare practitioner. Melatonin is naturally secreted from the pineal gland at night, and should be taken at night for optimal results.

CAUTION: Do not consume alcohol, drive or operate machinery after taking this product.

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



L00329I



LIFE
EXTENSION®

Melatonin

1 mg



Promotes Optimal Sleep*

60 CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Melatonin	1 mg **

**Daily Value not established.

Other ingredients: microcrystalline cellulose, gelatin, silica.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309 • LifeExtension.com
To report a serious adverse event or obtain product information, contact 1-866-280-2852.

*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.