

Scan for
product info

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

DIRECTIONS: Take one (1) capsule 30-60 minutes before bedtime, or as recommended by a healthcare practitioner.

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

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.

*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.

ChromeMate® is a registered trademark of Interhealth Nutritionals, Inc. ChromeMate® brand niacin-bound chromium.



L01444F



**LIFE
EXTENSION®**

Quiet Sleep Melatonin

3 mg



GLUTEN FREE

CHROME MATE®



Promotes Optimal Sleep*

60 VEGETARIAN CAPSULES | DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Vegetarian Capsule

| Amount Per Serving | | % Daily Value |
|---|----------|---------------|
| Vitamin C (as niacinamide ascorbate) | 220 mg | 244% |
| Niacin (as niacinamide ascorbate) | 73.5 mg* | 459% |
| Vitamin B6 (as pyridoxal 5'-phosphate) | 10 mg | 588% |
| Vitamin B12 (as methylcobalamin) | 100 mcg | 4167% |
| Calcium (as calcium carbonate, citrate) | 48 mg | 4% |
| Magnesium (as magnesium oxide) | 120 mg | 29% |
| Chromium (as ChromeMate® chromium polynicotinate) | 50 mcg | 143% |
| Melatonin (immediate release) | 3 mg | ** |
| Inositol | 100 mg | ** |

**Daily Value not established. *NE (Niacin equivalents).

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, dicalcium phosphate, vegetable stearate, maltodextrin, 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.

Store tightly closed in a cool, dry place.