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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.



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**LIFE
EXTENSION®**

Quiet Sleep Melatonin

5 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)	5 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.