SUGGESTED USE: Adults, as a dietary supplement, take one (1) tablet an hour before bedtime as needed.

For sleep support†

KFFP OUT OF REACH OF CHILDREN

DO NOT USE IF SAFETY SEAL IS BROKEN. IF YOU ARE NURSING, PREGNANT, HAVE AN AUTOIMMUNE OR DEPRESSIVE DISORDER ARE TAKING MEDICATION OR HAVE A MEDICAL CONDITION.

CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT Dr. Mercola has been providing quality products since 2001.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Formula # 202459-30 / 84093832 10254-v1



## DR.MERCOLA®

## SLEEP SUPPORT

WITH MELATONIN

**Dietary Supplement** 

30 Tablets

## Supplement Facts

Serving Size: 1 Tablet

| Servings Per Container: 30                     |                       |      |
|--|-----------------------|------|
|  | Amount Per<br>Serving | %DV  |
| Niacin (as Nicotinic Acid)                     | 1.5 mg                | 9%   |
| Vitamin B <sub>6</sub> (as Pyridoxine HCI)     | 3 mg                  | 176% |
| Dr. Mercola's Calming Blend                    | 46.1 mg               | *    |
| Tart Cherry (Prunus cerasus) Fruit Concentrate |                       |      |
| Chamomile Flower Powder                        |                       |      |
| Jujube Seed Extract                            |                       |      |
| Dr. Mercola's Neuro Blend                      | 34.5 mg               | *    |
| GABA (Gamma-Amino Butyric Acid)                |                       |      |
| L-Theanine                                     |                       |      |
| L-Tryptophan                                   |                       |      |
| Melatonin (1.5 mg)                             |                       |      |

5-HTP (5-Hydroxytryptophan) (from *Griffonia simplicifolia* [Seed] Extract) \*Daily Value (DV) not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Silicon Dioxide, Croscarmellose Sodium, Carnauba Wax, Organic Coating (Organic Tapioca Maltodextrin, Organic Surnflower Lecithin, Organic Palm (Fruit) Oil, Organic Guardon). DISTRIBUTED 8Y: NHP. 125 SW 3rd Place. Case Coral. Fl. 33991 USA (877) 985-2696