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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.

#### 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 lactating.



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**LIFE  
EXTENSION®**

# Melatonin 6 Hour Timed Release 3 mg



Promotes Optimal Sleep\*

**60** VEGETARIAN  
TABLETS

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 1 Vegetarian Tablet

Amount Per Serving	% Daily Value
Melatonin	3 mg **

\*\*Daily Value not established.

**Other ingredients:** microcrystalline cellulose, hydroxypropyl methylcellulose, hydroxypropylcellulose, aqueous film coating (purified water, hydroxypropyl methylcellulose, glycerin), stearic acid, vegetable stearate, croscarmellose sodium, 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.

Store tightly closed in a cool, dry place.