

Scan for
product info

L02300C

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

DIRECTIONS: Take one (1) capsule daily, 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.

MicroActive® Melatonin is a registered trademark of Bioactives LLC.



LIFE
EXTENSION®

Circadian Sleep



Restoring the Body's
Circadian Clocks*

30

LIQUID
VEGETARIAN
CAPSULES

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size 1 Liquid Vegetarian Capsule

Amount Per Serving	% Daily Value	
Nobiletin [from young citrus fruit (peel)]	50 mg	**
Melatonin (as MicroActive®)	1.5 mg	**

**Daily Value not established.

Other ingredients: medium chain triglycerides, vegetable capsule (hydroxypropyl methylcellulose, chlorophyllin), microcrystalline cellulose, sodium alginate, carnauba wax, 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.