

The natural, non-drug ingredients in Mellodyn™ promote a full night's sleep without causing grogginess the next morning, leaving you refreshed and ready to face the day.*

Supplement Facts

Serving Size: 2 Capsules, Servings Per Container: 30

Amount Per Serving		%DV
Valerian Extract (<i>Valeriana officinalis</i>) (root) standardized to 0.8% valerenic acids	500 mg	**
Chamomile Extract (<i>Matricaria recutita</i>) (herb) standardized to 2% flavonoids (apigenin)	400 mg	**
Passion Flower Extract (<i>Passiflora incarnata</i>) (herb) standardized to 4% vitexin	300 mg	**
Lemon Balm Extract (<i>Melissa officinalis</i>) (leaf) standardized to 2% flavonoids	200 mg	**
Melatonin	3 mg	**

**Daily Value not established

Other Ingredients: Gelatin, Rice Powder, Magnesium Stearate



Sleep Easy

Natural and Clinically Proven

Dietary Supplement

60 easy-to-swallow capsules

USAGE: Take 1-2 capsules about one hour before bedtime. Mellodyn™ helps you fall asleep faster and sleep more soundly. Take as needed for sleeplessness and nighttime restlessness. Mellodyn™ is not habit-forming and can be taken every night, if necessary.*

PRECAUTIONS:

- Consult a healthcare professional before using if you are taking thyroid hormones, are pregnant or breastfeeding, or are currently taking sleep medications or other prescription sedatives.
- Not recommended for children under 12.
- Discontinue use if unusual symptoms occur.
- Do not exceed four capsules in 24 hours.

Store in a cool, dark place.



*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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