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**Suggested Use:** Take 1 capsule, 1/2 to 1 hour before bedtime, or as directed by a health professional.

**Warning:** Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids. **KEEP OUT OF THE REACH OF CHILDREN.**

Store in a cool, dry place. Use only if safety seal is intact.



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**Gluten-free, Non-GMO**

<sup>†</sup>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.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula # 202274 V2

# Melatonin

## 3 mg

### Dietary Supplement

Support for restful sleep<sup>†</sup>



60 Vegetarian Capsules

### Supplement Facts

Serving Size 1 Vegetarian Capsule  
Servings Per Container 60

	Amount Per Serving	%DV
Melatonin .....	3 mg	*

\*Daily Value (DV) not established

Other ingredients: Microcrystalline cellulose and hydroxypropyl methylcellulose (capsule)

Manufactured for: Douglas Laboratories  
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