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Formula
#201230/
#2123821

Suggested Usage: As a dietary supplement, adults take 1 capsule 1 hour before bedtime or as directed by your healthcare professional.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, starch, artificial coloring, preservatives or flavoring.

Warning: Not to be taken by individuals under the age of 18. If you are pregnant, nursing, taking any prescription medication (especially hormone replacement therapy), or have an autoimmune or depressive disorder consult a physician before using this product. Long-term use of melatonin has not been studied. Use of this product could cause hypothermia. Do not use before or while operating a motor vehicle or heavy machinery.

KEEP OUT OF REACH OF CHILDREN. For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

"Proper nutrition, exercise, and supplementation are key components of 21st Century medicine."

Kenneth H. Cooper M.D.

Kenneth H. Cooper, M.D., M.P.H.
"Father of aerobics and founder of the
Cooper Clinic, Dallas, Texas."
Manufactured for: Cooper Concepts, Inc.
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COOPER COMPLETE®

Physician Formulated

Melatonin Quick Release

Dietary Supplement

60 Vegetarian Capsules / 60 Servings

Supplement Facts

Serving Size: 1 vegetarian capsule

Serving Per Container: 60

Amount Per Serving	%DV
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Melatonin.....	3.0 mg	*
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*Daily Values not established.

Other ingredients: cellulose and vegetable stearate