

As a naturally-occurring hormone, Melatonin is involved in setting our body's natural physiologic cycles. It assists the body to normalize sleep disruptions, thereby helping alleviate the fatigue that often accompanies chronic lack of sleep. Our high quality source in a 3 mg dose provides an optimal amount to promote rest and overall well-being.[†]

Caution: Do not exceed recommended dosage. Use only at bedtime. Do not use if pregnant or nursing. Regular dosage for individuals of any age should be limited to two weeks. Do not exceed 3 mg in any 24 hour period. If less than 40 years old, do not use regularly for any purpose except on advice of a health care practitioner. If you have diabetes, an autoimmune, endocrine, depressive, or seizure disorder, consult your health care practitioner before use. Do not drive or operate machinery while taking this product. Not intended for use by children under age 18.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

[†] 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.

MELATONIN

3 mg

Promotes Rest and Relaxation[†]

Dietary Supplement

60 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet Servings Per Container 60

Amount Per Serving	% Daily Value
Melatonin	3 mg *

*Daily Value not established.

Other Ingredients: Cellulose, calcium carbonate, stearic acid (vegetable source), silica, magnesium stearate (vegetable source).

SUGGESTED USE: As a dietary supplement, take one tablet on an empty stomach 30 to 60 minutes before bedtime.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

KEEP OUT OF REACH OF CHILDREN. VL 412-60F



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