

## Melatonin

NutriCology® was the first to introduce melatonin into the healthfood and professional markets. Melatonin's main function in the body is to support sleep.\*

## Suggested Use

As a dietary supplement, 1 or 2 capsules one hour before bedtime, or as directed by a healthcare practitioner.

**WARNING:** Melatonin may have a strong sedating effect within 20 minutes of consumption. Not to be used during daytime. Not recommended for women who are pregnant, wishing to become pregnant, or breastfeeding; for children or adolescents; or for those with a prior history of seizures. Do not use while operating a motor vehicle or other machinery. In rare cases it may stimulate seasonal affective disorder, depression, or have stimulatory effects.



# Melatonin

Fast Acting Formula

**Hypoallergenic**

Dietary Supplement



100 vegetarian capsules

## Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 50

Amount Per Serving	% Daily Value
Melatonin	2.6 mg *

\* Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

Keep in a cool, dry place, tightly capped.

\*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.

Formulated exclusively for NutriCology®  
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