

Melatonin 3 mg

Melatonin's main function in the body is to support sleep.*

Suggested Use

As a dietary supplement, 1 or 2 tablets 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.

Do not use while operating a motor vehicle or other machinery.

Keep in a cool, dry place, tightly capped.



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Hypoallergenic

Dietary Supplement



120 tablets

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 60

Amount Per Serving	% Daily Value
Melatonin	6 mg *

*Daily Value not established.

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, magnesium stearate, silicon dioxide.

*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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