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

Warning: If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product. Consult a health 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

[†]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 #MEL-CR V3

Melatonin Controlled-Release

2 mg

Dietary Supplement

Support for restful sleep[†]



60 Tablets

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 60

	Amount Per Serving	%DV
Melatonin	2 mg	*

*Daily Value (DV) not established

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, ethylcellulose, coating (hypromellose, glycerin, ethylcellulose), stearic acid, vegetable stearate and silica

Manufactured by: Douglas Laboratories
600 Boyce Road, Pittsburgh, PA 15205
www.douglaslabs.com 1.800.245.4440