

Directions: As a dietary supplement, take one capsule before bedtime, or as directed by your health care professional.

Tired of being tired from inadequate sleep? Melatonin is a hormone produced by the pineal gland located in the brain. When melatonin is released, it causes relaxation and initiates the sleep cycle. Melatonin also may provide strong antioxidant protection and support a healthy response from the body's defense system. Enjoy one of life's most precious gifts: a good night's sleep.[†]

Store in a cool, dry place and away from direct light.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

©2018 Manufactured exclusively for Viva Vitamins™

For more information, visit www.VivaVitamins.com

MADE IN THE USA • In God We Trust • Non-GMO

Manufactured in an NSF - GMP Certified Facility



[†]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 3MG



With B-6 and Valerian

Naturally supports relaxation and initiates the sleep cycle[†]

We always use the highest quality ingredients

premium formulas • 60 capsules • dietary supplement

Supplement Facts

Serving Size: 1 Capsule Servings per container: 60

Amount Per Serving % DV**

Vitamin B-6 (pyridoxine HCl) 10 mg 500%

Melatonin 3 mg *

*Daily Value not established. **% DV based on a 2,000 calorie diet.

Other Ingredients: Gelatin (capsule), rice flour, valerian root powder (*valenana officianalis*).

Contains No: Gluten, sugar, salt, milk, soy, yeast, wheat, starch, lactose, citrus, egg, fish products, artificial coloring, flavoring, or preservatives.

Warnings: Use only at bedtime. Not for use by children, teenagers, or pregnant or nursing women. Not for individuals under medical supervision or with autoimmune diseases, a depressive disorder, diabetes, endocrine disorder or thyroid condition. Do not take while operating machinery or driving a vehicle.