

IMPORTANT FACTS YOU SHOULD KNOW

Melatonin is a supplement that works in harmony with your natural sleep cycle to support a sound, tranquil sleep.* Melatonin is an excellent choice for people experiencing occasional sleeplessness, those experiencing jet lag or by those seeking to improve their overall sleep quality.*

*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.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week. Not intended for use by persons under the age of 18.

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A0175



ACTUAL
SIZE

Prod. No.
55296

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60 Capsules
Dietary Supplement



Melatonin

10 mg

*Sleep Aid**



DIRECTIONS: FOR ADULTS, TAKE ONE (1) CAPSULE AT BEDTIME AS MELATONIN MAY PRODUCE DROWSINESS. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Melatonin	10 mg **

****Daily Value not established.**

Other Ingredients: Cellulose (Plant Origin), Gelatin, Silica, Vegetable Magnesium Stearate.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Sugar, No Preservatives, No Soy, No Artificial Color, No Artificial Flavor, No Sodium.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Quality Guaranteed Lab Tested

Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.