

Suggested Usage: Take 1 tablet daily near bedtime with water.

Melatonin is a potent free radical scavenger naturally produced in the pineal gland and present in high amounts in the gastrointestinal tract.* It is involved in many of the body, brain and glandular biological functions including regulation of normal sleep/wake cycles, regulation of the immune system and maintenance of a healthy gastrointestinal lining.* NOW® Melatonin Sustained Release Tablets allow for steady release and more gradual, sustained utilization.

*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.

Caution: For adults only at bedtime. Not for pregnant or nursing women. May cause drowsiness. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Consult physician if taking medication (especially sedatives and anti-depressants) or have a medical condition (including depression, high blood pressure and epilepsy). Keep out of reach of children.

Natural color variation may occur in this product.

CODE
3554

V1



A Dietary Supplement

Vegetarian/Vegan



Melatonin

5 mg

Sustained Release

Healthy Sleep Cycle*

Gastrointestinal Support*

120 Tablets

General Health

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving

Melatonin	5 mg**
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** Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Stearic Acid (vegetable source) and Silicon Dioxide.

Manufactured & Quality Tested by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowfoods.com

Not manufactured with wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This sustained release tablet is formulated to release over a 4-hour period.

Store in a cool, dry place after opening.

