

CONTAINS NO artificial colors, flavors, or preservatives;
no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean
shellfish or fish. Suitable for vegans.

Melatonin exists naturally in the human body and is involved in setting
mammalian circadian rhythms. By setting our "internal clock," supplemental
melatonin may benefit those who have disruptive sleep for a variety of
reasons.[†] Additionally, frequent travelers may find melatonin useful in helping
to normalize sleep schedules. By promoting a more restful sleep, fatigue may
also be reduced.[†] Our Melatonin Plus 5 mg tablet is a higher dosage option
that also provides vitamin B6, an important nutrient for the production of
neurotransmitters that regulate sleep patterns.[†] Calcium plays a key role in
the biosynthesis of melatonin, particularly in the retina and pineal gland,
where melatonin exerts its action at numerous target sites.

Caution: Do not exceed recommended dosage. Use only at bedtime. Do not
use if pregnant or nursing. Regular dosage for individuals of any age should
be limited to two weeks. If less than 40 years old, do not use regularly for any
purpose except on advice of a health care practitioner. If you have diabetes,
an autoimmune, endocrine, depressive, or seizure disorder, consult your health
care practitioner before use. Do not drive or operate machinery while taking
this product. Not intended for use by children under age 18.

**PURITY + POTENCY
GUARANTEED**



To report a serious adverse event, call 1-888-710-0006

[†]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.



**NATURAL
NUTRA**

Fast Release

MELATONIN PLUS 5 mg

Promotes Rest and Relaxation[†]



50 VEGAN TABLETS

DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size 1 Tablet
Servings Per Container 50

Amount Per Serving	% Daily Value	
Vitamin B6 (Pyridoxine HCl)	1 mg	59%
Calcium (Calcium phosphate)	50 mg	4%
Melatonin	5 mg	*

* Daily Value not established

OTHER INGREDIENTS: CELLULOSE
(VEGETABLE SOURCE), CALCIUM
STEARATE (VEGETABLE SOURCE), SILICA.

Formulated for Hurd Dynamics LLC, DBA Natural
Nutra, Tampa, FL 33615 WWW.NATNUTRA.COM

SUGGESTED USE: Take one tablet 15 minutes before bedtime.

KEEP OUT OF REACH OF CHILDREN.