

SAFETY SEALED. DO NOT USE  
IF PRINTED SEAL UNDER CAP  
IS CUT, TORN, OR MISSING.

SATISFACTION GUARANTEED  
OR YOUR MONEY BACK.

exchange  
select



Sublingual

**MELATONIN**

**5 mg**

**Cherry Flavor**

Dietary Supplement  
**Promotes Restful Sleep\***

**60 Tablets**

## Supplement Facts

Serving Size 1 Tablet

| Each Tablet Contains | % Daily Value |
|----------------------|---------------|
|----------------------|---------------|

|                |    |
|----------------|----|
| Melatonin 5 mg | ** |
|----------------|----|

\*\* Percent Daily Value not established.

**INGREDIENTS:** Mannitol, Microcrystalline Cellulose, Croscopovidone, Stearic Acid, Melatonin, Silicon Dioxide, Natural Cherry Flavor, Sucralose, Magnesium Stearate, FD&C Red No. 40 Lake, FD&C Yellow No. 6 Lake, Monoammonium Glycyrhizinate.

**Directions:** Adults – Dissolve one tablet under tongue for 30 seconds then swallow. Use just prior to or at bed time.

**NO ARTIFICIAL FLAVORS • NO TRANS FAT  
NO CHEMICAL SOLVENTS • NO SUGAR  
NO GLUTEN • NO PRESERVATIVES • NO SALT  
NO STARCH • NO WHEAT • NO LACTOSE**

Keep out of the reach of children.  
Store at 15° - 30° C (59° - 86° F).

Melatonin is a naturally occurring compound that is produced by the body. It has been associated with natural body rhythms and sleep/wake patterns.\*

**Warning:** Children, and women who are pregnant and/or nursing a baby should not use melatonin. If you are taking any drug, tell your physician before using this product. Do not take this product if you have low blood pressure or any sleep disorder or if you are taking a sedative or antihistamine. Do not use alcohol, drive a vehicle or operate machinery while taking this product. Do not use prior to any surgery.

\*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.

Manufactured for:  
Your Military Exchanges By:  
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