

FREE OF: Sugar, starch, soy, wheat, casein, gluten, milk, corn, preservatives, yeast, gelatin, flavorings, or colorings.

CAUTION:
MAGNESIUM SUPPLEMENTS CAN CAUSE CHANGES IN STOOL CONSISTENCY AND BOWEL HABITS. IF THIS OCCURS, DISCONTINUE USE AND DISCUSS THIS MATTER WITH YOUR PHYSICIAN.

IMPORTANT:
STORE IN A COOL DRY PLACE AND TIGHTLY CAPPED. KEEP OUT OF THE REACH OF CHILDREN.

Manufactured exclusively by:
KIRKMAN
Lake Oswego, OR 97035
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Best Used by: April 2013

CASEIN & GLUTEN FREE

KIRKMAN[®]

Melatonin Plus Magnesium

250 Capsules

HYPOALLERGENIC

Dietary Supplement

SUGGESTED USE: 1 capsule daily, one hour before bedtime or as directed by a physician.

Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 250

Each Serving Contains	Amount per Serving	% Daily Value*
Magnesium (Oxide)	100 mg	25 %
Melatonin	1 mg	**

* Percent Daily Value Based on a 2000 calorie diet.
** Daily Value Not Established.

INGREDIENTS: Magnesium Oxide, Microcrystalline Cellulose, Magnesium Stearate (vegetable), Melatonin, Plant Cellulose Capsule.

037/250 • Lot # 0037-0089