

Remember that Amazing Nutrition® is the key for healthy living. We are committed about bringing you the finest selections of products which are perfectly complement a healthy diet and active lifestyle.

Melatonin is a hormone that naturally occurs in the brain, its made by the pineal gland. Melatonin circulates through a daily cycle so that there is a higher concentration of it at night.\* At night, higher levels of Melatonin is held by the body to induce and maintain sleep.\*\* Therefore, Melatonin supplements taken at bedtime supports the body's natural process for facilitating sleep.\*\* It may also help falling asleep faster and staying asleep all night.\*\*

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 Product # 6178



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\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.

Manufactured for & Distributed by:  
 Amazing Nutrition,  
 Jersey City, NJ 07310 USA

AMAZING  NUTRITION®

AMAZING  FORMULAS™

DIETARY SUPPLEMENT

# Melatonin

- ✔ Helps Fall Asleep Fast & Stay Asleep All Night\*
- ✔ Helps Regulate Sleep Cycle\*
- ✔ Calming & Relaxing Effect\*



10 MG  
 120 SOFTGELS



## Supplement Facts

Serving Size: 1 Softgel	Serving Per Container: 120
Amount Per Serving	
	% Daily Value
Melatonin (as N-Acetyl-5-Methoxytryptamine)	10 mg **
** % Daily Value not established.	

OTHER INGREDIENTS: Beeswax, Lecithin & Soybean Oil.  
 SHELL INGREDIENTS: Gelatin, Glycerin & Purified Water.

**SUGGESTED USE:** As a dietary supplement, adults take one (1) softgel at bedtime as Melatonin may produce drowsiness. Consult a doctor by a health care professional.

**CUTION:** 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 in use. Not intended for use by persons under the age of 18.

**CONTAINS NO:** Artificial Color, Flavor, Sweetener, Preservative, Sugar, Starch, Milk, Lactose, Soy, Gluten, Wheat, Nutritive