



SLEEP

Whole Food Benefit Blend



Melatonin†
& Botanicals^



60 Vegetarian Capsules

Dietary Supplement

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Directions: Adults: Take 1 (one) capsule 30 minutes before bedtime, as needed, for occasional sleeplessness. Do not exceed suggested use. Not formulated for use in children.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% Daily Value
Magnesium (as magnesium hydroxide from sea water)	42 mg	10%
Melatonin	3 mg	*
Organic Herbal Blend	150 mg	*
Passionflower Extract (<i>Passiflora incarnata</i>) (aerial parts), Chamomile Flower Extract (<i>Matricaria recutita</i>), Lemon Balm Extract (<i>Melissa officinalis</i>) (leaf)		
Organic Whole Fruit and Vegetable Blend	25 mg	*
Apple, Beet, Broccoli, Carrot, Green Cabbage, Kale, Parsley, Spinach, Blueberry, Raspberry, Strawberry, Tomato		

* Daily Value not established.

Other Ingredients: Organic Rice Flour, Hypromellose (vegetarian capsule shell), L-Leucine (vegetarian), Silica.

As with any supplement, if you are pregnant, nursing, or taking medication, including sleep medication, consult your doctor before use.

Do not consume if pregnant or nursing.

Keep out of reach of children.

If taking other supplements, read label, since supplements may contain the same ingredient.

Warnings

- Do not consume any alcohol while taking melatonin.
- Do not drive or operate heavy machinery while taking melatonin.
- Do not take other melatonin-containing products.
- Consult a healthcare professional if you are experiencing long-term sleep difficulties.

Store at room temperature. Protect from heat, light, and moisture. Keep bottle tightly closed.

Bottle sealed with foil under cap. Do Not Use if foil is torn.

Marketed by: Pfizer, Madison, NJ 07940 USA

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Questions? Comments?
Call 1-877-CENTRUM (236-8786)

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† Melatonin helps support a healthy sleep cycle.*

^ Chamomile, Lemon Balm & Passionflower
traditionally used to help soothe & relax.*

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