

Directions: Adults take one (1) capsule one half hour before bedtime. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts		
Serving Size 1 capsule		
Amount Per Serving		% Daily Value
Vitamin C (as ascorbic acid)	9 mg	10%
Magnesium (as magnesium citrate)	42 mg	10%
Zinc (as zinc picolinate)	1.1 mg	10%
Melatonin	10 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, cellulose (capsule shell), rice bran extract, silica, vegetable glaze, sunflower oil.

CAUTION: Not for use by persons under the age of 18. Use only at bedtime. Do not take this product when driving a motor vehicle or operating heavy machinery. Consult a doctor before using this product if you are pregnant or nursing, have a medical condition, are taking medication or planning surgery, or if you are experiencing long-term sleep difficulties. Stop using and consult a doctor if any adverse reactions occur. Not recommended for consumption with alcoholic beverages. In case of accidental overdose, seek professional assistance.

Do not accept if seal is broken.
Store in a dry place between 59° - 86° F.
Keep out of the reach of children.

This product has been manufactured at a GMP Registered facility. See box for Lot No. and Best By Date information.

Manufactured by Country Life, LLC
 180 Vanderbilt Motor Parkway,
 Hauppauge, NY 11788 (USA)
 CountryLifeVitamins.com
Product No. 1713
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Sleep is key when it comes to feeling your best! Country Life combines 10 mg of Melatonin, Magnesium, Zinc and Vitamin C, so you can fall asleep faster while supporting your Immune System.**

Feel refreshed and ready to **#poweryourgreatness™****



Convenient
Portable Blister
packs!

- YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG
- YES** CERTIFIED VEGAN BY THE AVA
- YES** RECYCLABLE PACKAGING
- YES** MANUFACTURING SUPPORTS WIND POWER
- YES** KOSHER-PARVE

- NO** YEAST OR WHEAT
- NO** SOY, MILK OR SALT
- NO** SUGAR OR PRESERVATIVES
- NO** ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
- NO** MAGNESIUM STEARATE

****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.**



• ONCE-DAILY •

MELATONIN 10 mg MAGNESIUM, ZINC & VITAMIN C

Certified Gluten-Free

Fall asleep faster and support your immune system**

Helps calm a busy mind**

Helps with muscle relaxation**

Good source of antioxidants Zinc and Vitamin C**



Dietary Supplement **60** Vegan Capsules Convenient Blister Packs

— Our PLEDGE of INTEGRITY —
 AUTHENTICITY • CLEANLINESS • FRESHNESS
 CONSISTENCY • ACCURACY

Did you know?

The ingredients in this product support sleep and your immune system**:



Melatonin helps calm a busy mind**



Melatonin helps you fall asleep faster**



Melatonin supports restorative sleep**



Magnesium helps with muscle relaxation**



Magnesium, Zinc, & Vitamin C support your immune system**

PLEASE HELP US IN OUR MISSION;
RECYCLE THIS BOX & BOTTLE AFTER USE.
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 Tag us for a chance to be featured.
 @CountryLifeVitamins



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