



BED-TIME DROPS

Melatonin with Melatonin
3 mg
with Melatonin

Sleep Support
with Melatonin

EVERYDAY HEALTH

2 fl. oz.
(60 mL)

HERBAL DIETARY
SUPPLEMENT

48
SERVINGS



SUGGESTED USE: 6-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take one half hour before
bedtime. **Caution:** If you are pregnant,
nursing, have a medical condition, or are
taking a prescription, consult your health
care provider before using this product.
Shake well. Keep out of reach of children.
Store in a cool, dry place out of sunlight.

Manufactured and Distributed by:
Mountain Meadow Herbs, Inc.
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Tell your body when it's
time to rest*

- Support relaxation*
- Maintain normal sleep cycles*
- Wake feeling rested*



1 dropperful = approx. 1/8 tsp.

Supplement Facts

Serving Size: 1/4 tsp
Servings Per Container: 48

Per Serving	%DV
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Melatonin	3 mg
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Proprietary Blend	1.25 mL
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Valerian root	†
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Hops flower	†
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Skullcap herb	†
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Passionflower leaf	†
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† Daily Value (DV) not established

Other Ingredients: vegetable glycerin,
distilled water, and approx 5% - 10%
organic grain alcohol.



* 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.