

Suggested Usage: Take 1 capsule per day before bed or as directed by your qualified healthcare provider.

PROMOTES A HEALTHY SLEEP/WAKE CYCLE**

MAY REDUCE THE EFFECTS OF JET LAG**

**** 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.**

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BEST BY:

1907V01



NUTRITION

MELATONIN 3 MG

SLEEP AID**

60 VEGAN CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Vegan Capsule
Servings Per Container 60

Amount Per Capsule

Melatonin (N-acetyl-5-methoxytryptamine) 3 mg*

*Daily Value not established.

Other Ingredients: Rice flour and cellulose capsule.

Contains no added milk, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten or yeast ingredients.

WARNING: Not for use by people under the age of 18. Excessive consumption may impair ability to drive or operate heavy equipment. Not recommended for consumption with alcoholic beverages. The NIH has warned of the possible dangers of melatonin supplements, including infertility, reduced sex drive in males, hypothermia, retinal damage and interference with hormone replacement therapy.

Formulated by & Manufactured for: MRM
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