

SUGGESTED USE

Take 1 capsule, up to 3 times nightly preferably an hour or two before bedtime, or as directed by a physician.

CAUTION

Do not exceed recommended dose. Pregnant and nursing mothers, children under the age of 18, and individuals with a known medical condition or who are taking prescription medication should consult a physician before taking this or any dietary supplement.

*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.

MADE IN USA
with global ingredients

VEGAN

NON GMO

lifted
NATURALS

micro
melatonin

LOW DOSE MELATONIN
100 MCG

*Sleep. Health. Healing.**
*Ideal Physiological Dose**
*Cellular & Mitochondrial Protection**

dietary supplement 220 vegetable capsules

SUPPLEMENT FACTS

Serving Size: 1 Capsule

Servings Per Container: 220

Amount Per Serving		%DV
Melatonin	100 mcg	**

**Daily Value (DV) not established

OTHER INGREDIENTS: Methylcellulose (Capsule), Organic Rice Powder

Gluten Free, Dairy Free, Soy Free, Corn Free

distributed by

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