

Melatonin is a potent free radical scavenger naturally produced in the pineal gland and present in high amounts in the gastro intestinal tract. It is involved in many of the body, brain and glandular biological functions including regulation of normal sleep/wake cycles.\*

- > Supports healthy immune system\*
- > Supports healthy gastrointestinal lining\*
- > Supports regulate sleep cycle\*

**SUGGESTED USE:** As a dietary supplement, take one (1) tablet near bedtime with water, or as directed by your qualified healthcare professional.

*Keep out of the reach of children.*  
*Do not use if safety seal is broken or missing.*  
*Keep in cool, dry place.*

*\*These statements have not been evaluated by the FDA. This product is not intended to cure, prevent, treat or diagnose any disease.*

 **MADE IN USA**



# Melatonin

**Nighttime Sleep Aid\***

**3 mg**

**Helps Promote Relaxation & Sleep\***

240 TABLETS

DIETARY SUPPLEMENT



## Supplement Facts

Serving Size: 1 Tablet		Serving Per Container: 240
Amount Per Serving	% Daily Value	
Melatonin (as n-Acetyl-5-Methoxytryptamine)	3 mg	**

\*\*Daily Value not established.

**OTHER INGREDIENTS:** Dicalcium Phosphate, Cellulose, Silica, Vegetable Stearate, Stearic Acid, Croscarmellose Sodium.

**CAUTION:** For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week.

*No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Corn, No Soy, No Egg, No Lactose, No Gluten, No Wheat, No Yeast, No Fish.*

Manufactured for Best Naturals,  
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Lot# Exp#

