



SUGGESTED USE: Adults, take 1 tablet one hour before bedtime with water.

Store tightly closed, in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

WARNING: Do not use this product unless advised by a physician if you are pregnant, attempting to become pregnant or nursing; or if you are taking any medications or have any chronic disease, including hypertension (high blood pressure), diabetes, or an endocrine, auto-immune, depressive, bleeding or seizure disorder. Side effects may include headaches, dizziness, nausea or loss of

appetite. Do not take melatonin while operating a motor vehicle or machinery. Do not drive or operate machinery within eight hours of taking this product or if you feel groggy. Not intended for individuals under the age of 18. Consult your physician if you are experiencing persistent sleep difficulties or for use beyond four weeks.

- ✓ No Color Added
- ✓ No Artificial Flavors
- ✓ No Preservatives
- ✓ Gluten Free

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Calcium (as Dibasic Calcium Phosphate) 65 mg	5%
Melatonin 3 mg	*

*Daily Value not established.

OTHER INGREDIENTS:

Sodium Starch Glycolate, Magnesium Stearate.

DISTRIBUTED BY:

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USP sets official standards for dietary supplements. www.uspverified.org

† Supplements melatonin, a hormone found naturally in the body.

Lot:
Exp.: