



SUGGESTED USE: Adults, chew 1-2 gummies as needed one hour before bedtime. Do not exceed two gummies daily.

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.

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 30

Amount Per Serving	% Daily Value
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Calories 15	
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Total Carbohydrate 3 g	1%**
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Total Sugars 2 g	*
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Includes 2 g Added Sugars	4%**
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Protein less than 1 g	
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Melatonin 4 mg	*
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L-theanine 200 mg	*
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* Daily Value not established. ** Percent Daily Values are based on a 2,000 calorie diet.

- ✓ No Artificial Flavors - Natural Fruit Flavors
- ✓ No Synthetic Dyes - Color Derived From Natural Source
- ✓ No High Fructose Corn Syrup
- ✓ No Artificial Sweeteners
- ✓ Gluten Free

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. Potency may be significantly higher at time of manufacture.

OTHER INGREDIENTS: Glucose Syrup, Sugar, Water, Gelatin, Citric Acid, Malic Acid, Palm Oil, Natural Flavors, Carnauba Wax, Carmine (Color).

DISTRIBUTED BY:

Nature Made Nutritional Products

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1-800-276-2878 • www.NatureMade.com

Quality tested in the USA. Made to our guaranteed purity and potency standards.

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

Lot:
Exp.: