

List No. 2743
L400 Cat. A526
5A044

*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.



Nature Made

5 mg

MELATONIN

Naturally[†] helps you fall asleep faster and supports restful sleep[†]

90 TABLETS | Dietary Supplement

SUGGESTED USE: Adults, take 1 tablet one hour before bedtime with water. Do not exceed 2 tablets 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.

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 chronic disease, including hypertension (high blood pressure), diabetes,

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Calcium (as Dibasic Calcium Phosphate) 80 mg	6%
Melatonin 5 mg	*

*Daily Value not established.

OTHER INGREDIENTS:

Sodium Starch Glycolate, Magnesium Stearate, Croscarmellose Sodium.

DISTRIBUTED BY:

Nature Made Nutritional Products
West Hills, CA 91309-9903, USA
1-800-276-2878
www.NatureMade.com

USP has tested and verified ingredients, potency and manufacturing process. USP sets official standards for dietary supplements. www.uspverified.org
[†]Supplements melatonin, a hormone found naturally in the body.

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

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.

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