

List No. 2794  
L400  
Cat. A880  
5A005



**Nature Made®**

**3 mg**

**MELATONIN**

**with 200 mg L-theanine**

**Natural acting sleep aid†  
Helps relax the mind  
and support sleep†**

**60 SOFTGELS | Dietary Supplement**

**SUGGESTED USE:** Adults, take 1 softgel 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.

### Supplement Facts

Serving Size 1 Softgel

| Amount Per Softgel | % Daily Value |
|--------------------|---------------|
| Calories 5         |               |
| L-theanine 200 mg  | *             |
| Melatonin 3 mg     | *             |

\*Daily Value not established.

**OTHER INGREDIENTS:** Medium Chain Triglycerides, Gelatin, Glycerin, Rapeseed Lecithin, Yellow Beeswax, Water, Colors Added (Including Carmine).

**DISTRIBUTED BY:**  
Nature Made Nutritional Products  
West Hills, CA 91309-9903, USA  
1-800-276-2878  
[www.NatureMade.com](http://www.NatureMade.com)

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

\*Supplements melatonin, a hormone found naturally in the body.

- ✓ **No Synthetic Dyes - Colors Derived from Natural Sources**
- ✓ **No Artificial Flavors**
- ✓ **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.

**†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.**

Lot: 2348155  
Exp.: JUL 2021