

1113-60

Rev. 7



★★★★★  
CERTIFIED

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**MASON**  **natural**  
EST. 1967

**MELATONIN**  
**3 MG**

**MAY SUPPORT**

**HEALTHY SLEEP\***

**60 TABLETS • DIETARY SUPPLEMENT**

**DIRECTIONS:** Adults - Take one tablet daily at bedtime, preferably with food, as a dietary supplement. If traveling across time zones, take one tablet daily for 3 to 5 days before trip at the corresponding bedtime of your destination. Do not exceed the daily dosage.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	
Calcium (as dicalcium phosphate)	55 mg	4%
Vitamin B6 (as pyridoxine hydrochloride)	1 mg	60%
Melatonin	3 mg	**

\*\*Daily Value not established.

**OTHER INGREDIENTS:** Microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, and silica.

**GUARANTEED NO ADDED:** Sugar, Starch, Yeast, Wheat, Fish, Shellfish, Tree Nuts, Peanuts, Egg, Soy, Dairy, Gluten, Artificial Colors or Flavors and Preservatives. Sodium Free.

**\*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.**

Hypoallergenic and suitable for vegetarians.

**WARNING -** For adult use only at bedtime. Not for use by children, teenagers, pregnant or lactating women. If you are taking medication or are under medical supervision, or have diabetes, an autoimmune disease, a depressive disorder, a thyroid condition, epilepsy, leukemia, or a lymphoproliferative disorder, or are taking MAO inhibitor drugs, or corticosteroids such as cortisone or prednisone, consult with your physician before taking this product. Do not use in conjunction with alcoholic beverages, when driving a vehicle or while operating machinery. This product may cause drowsiness. Keep out of the reach of children.

**TAMPER-EVIDENT SEAL:** Do not use product if seal appears tampered.



GLUTEN FREE



SOY FREE

Store in a dry place under controlled room temperature: 20° - 25°C (68° - 77°F).

**Manufactured in the USA for:**  
**MASON VITAMINS, INC. Miami Lakes, FL 33014**  
**1-888-860-5376 • www.MasonVitamins.com**

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LOT/EXP. DATE

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