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List No. 2932
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Melatonin

5 mg

Helps
Promote
Sleep†

DIETARY SUPPLEMENT
~~90~~ **103** TABLETS

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www.NatureMade.com

HELPS PROMOTE SLEEP - Melatonin is a natural hormone in the body.†
No Color Added • No Artificial Flavors
No Preservatives • No Yeast • Gluten Free
SUGGESTED USE: Take one tablet just before bedtime (within 30 minutes).
Keep bottle tightly closed. Store in a cool, dry place, and away from direct
sunlight. Keep 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

Supplement Facts

Serving Size 1 tablet

Amount Per Tablet

Melatonin 5 mg *

*Daily Value not established.

blood pressure), diabetes, or an
endocrine, auto-immune,
depressive, bleeding or seizure
disorder. Do not take melatonin
while operating a motor vehicle
or machinery. Not intended for
individuals under the age of 18.

OTHER INGREDIENTS: Dibasic Calcium Phosphate,
Sodium Starch Glycolate, Magnesium Stearate,
Croscarmellose Sodium.

Distributed by: **Nature Made Nutritional Products**
Mission Hills, CA 91346-9606, U.S.A.

1-800-276-2878 • www.NatureMade.com

Melatonin Tablets are made to Nature Made's guaranteed purity and potency standards.
*Valid only for U.S. and Puerto Rico residents.

†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:
Exp.: