

Directions: Take one (1) tablet daily, prior to bedtime as needed, or as directed.

WARNING: Consult your healthcare provider before taking this product if you are being treated for a medical condition or are taking any prescription medications. This product is not intended for children under 18, pregnant or lactating women, women trying to become pregnant, or for those with a prior history of seizures or depression. Do not take for more than 2 weeks consecutively. Take at bedtime only. May cause drowsiness, do not use alcohol, drive or operate heavy machinery when taking this product. Do not exceed recommended dose. Discontinue use and consult your doctor if you experience any adverse effects. Keep out of reach of children.

Distributed by
The Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call
1-800-235-1274

Item No.
VS-3265
2009711



theVitamin Shoppe®

melatonin

10mg

sleep[™]

antioxidant[™]

specialty

60 tablets

dietary supplement

gluten free	soy free
dairy free	nut free



STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Supplement Facts
Serving Size 1 Tablet,
Amount Per Serving: Calcium (as dicalcium phosphate) 74 mg (8% DV), Melatonin 10 mg (* DV)
* Daily Value not established.

Other ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, pharmaceutical grade hypromellose, carmelumina, glycerin.

Does not contain: Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Starch, Dairy, Citrus, Fish, Animal Derivatives, Artificial Colors or Flavors.

⚠ 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.