

Directions: As a dietary supplement, take one chewable tablet 30 to 60 minutes before bedtime or as directed by a healthcare practitioner.

Bluebonnet's EarthSweet® Chewables Melatonin 5 mg Tablets help to minimize occasional sleeplessness for those affected by disturbed sleep/wake cycles, such as those traveling across multiple time zones. This product is sweetened with EarthSweet®, a proprietary sweetening mix of fruit powders and sugar cane crystals. ♦

EarthSweet® is a registered trademark of Bluebonnet Nutrition Corp.

Warning: Not for long-term use or for children under 12 years of age. If you suffer from chronic sleeplessness and/or are taking prescription medications, such as tranquilizers, sedatives, or antidepressants like MAO inhibitors, consult with your healthcare practitioner before use. Do not use this product if you are pregnant, trying to conceive or breastfeeding. Residual drowsiness may occur, so refrain from operating machinery or driving a vehicle when taking this product.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley, rice and sodium.

Bluebonnet's KOF-K Certification #K-0000700



Bluebonnet®

EarthSweet®
Chewables

Melatonin
5 mg

Raspberry Flavor and Other Natural Flavors
Dietary Supplement



60 Chewable Tablets

Supplement Facts

Serving Size 1 Tablet

Servings Per Container 60

Amount Per Serving	% Daily Value	
Total Carbohydrate	<1 g	<1%**
Total Sugars	<1 g	*
Includes <1 g added sugars		1%**
Melatonin	5 mg	*

**Percent Daily Value based on a 2,000 calorie diet.

*Daily Value not established.

Other ingredients: Sugar, natural raspberry flavor, natural strawberry flavor, stearic acid, vegetable magnesium stearate, fruit powders (grape and grape seed extract, wild blueberry and wild blueberry extract, raspberry and raspberry seed concentrate, cranberry, prune tart cherry, wild bilberry and wild bilberry extract, strawberry)

Manufactured by
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*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.

