

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 1 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 juice powders and sugar cane crystals.♦

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

Also free of gluten, barley, rice and sodium.

Bluebonnet's KOF-K Certification #K-0000700

EarthSweet® is a registered trademark of Bluebonnet Nutrition Corporation.

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.



Bluebonnet® EarthSweet® Chewables Melatonin 1 mg



Raspberry Flavor
with Other Natural Flavors



Dietary Supplement

120 Chewable Tablets

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Supplement Facts

Serving Size 1 Tablet

Servings Per Container 120

Amount Per Serving	% Daily Value	
Total Carbohydrate	<1 g	<1%**
Total Sugars	<1 g	*
Includes <0.3 g added sugars		<1%**
Melatonin	1 mg	*

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

* Percent 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, 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.