



Actual Color and Size

Melatonin

3 mg

Promotes Rest and Relaxation[†]
Dietary Supplement

Suggested Use: Take one (1) vegetarian tablet before bedtime or as directed by your health care practitioner.

Supplement Facts

Serving Size = one (1) tablet Servings per Container = Varied

Amount Per Serving	% Daily Value	
Melatonin	3 mg	*

*Daily Value not established.

Other Ingredients: Calcium carbonate, cellulose, stearic acid (vegetable source), silicon dioxide, magnesium stearate (vegetable source).

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Caution: Do not exceed recommended dosage. Use only at bedtime. Do not use if pregnant or nursing. Regular dosage for individuals of any age should be limited to two weeks; do not exceed 3 mg in any 24 hour period. If less than 40 years old, do not use regularly for any purpose except on advice of a health care practitioner. If you have diabetes, an autoimmune, endocrine, depressive, or seizure disorder, consult your health care practitioner before use. Do not drive or operate machinery while taking this product. Not intended for use by children under age 18.

†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.

