

Suggested Usage: Take 1 tablet about 1 hour before bedtime with juice or water.

Melatonin is a potent free radical scavenger naturally produced in the pineal gland.* It is involved in many of the regulatory processes of the body, including regulation of glandular secretory functions related to the maintenance of normal sleep/wake cycles and aspects of immune system function.* Melatonin is also produced in the GI tract, where it is essential for the maintenance of a healthy gastrointestinal lining.*

*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.

Caution: For adults only. May cause drowsiness. Do not operate a vehicle or heavy machinery following consumption of melatonin. Consult physician if pregnant/nursing, taking medication (especially sedatives, immunosuppressants or anticoagulants), or have a medical condition (including diabetes, auto-immune conditions, depressive disorders, cardiovascular conditions and epilepsy). Keep out of reach of children.

1 Year Happiness Guarantee
Distributed by Lucky Health Group Inc.
Conshohocken, PA 19428, USA
1-888-635-0474
www.LuckyVitamin.com



Melatonin

1 mg

- Healthy Sleep Cycle*
- Free Radical Scavenger*

100 Tablets

Dietary Supplement

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Niacin (as Niacinamide)	100 mg	625%
Vitamin B-6 (from Pyridoxine HCl)	5 mg	294%
Magnesium (from Magnesium Citrate)	40 mg	10%
Melatonin	1 mg	†

† Daily Value not established.

Other ingredients: Calcium Carbonate, Microcrystalline Cellulose, Hydroxypropyl Cellulose, Stearic Acid (vegetable source), Vegetarian Coating and Magnesium Stearate (vegetable source).

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.



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