

USES: Ginger is traditionally used to help with nausea, occasional upset stomach and melatonin for sleep support.* **DIRECTIONS:** Adults take 1 or 2 tablets prior to sleep event. Take only as directed. Do not exceed suggested dosage. If you have a medical condition, are on medication, are pregnant or nursing or have questions regarding your nutritional needs, consult a qualified healthcare professional before using this product. Do not use if the inner seal is broken (torn) or missing. Product may settle during shipping. Melatonin may cause drowsiness or sleepiness; do not take when driving, operating machinery, or engaging in any activity that requires alertness. This product is not intended to treat insomnia or other sleep disorders. **KEEP OUT OF REACH OF CHILDREN.** Store between 59°-77°F (15°-25°C). Questions? Call us at 1-800-952-5080 M-F 9am to 5pm ET. Gravol is a trademark of Church & Dwight Canada Corp. Made in Canada.

Gravol™

GINGER

NIGHTTIME

DIETARY SUPPLEMENT

16
COATED TABLETS

TASTE FREE
EASY TO SWALLOW

Supplement Facts

Serving Size 1 tablet

Servings Per Container 16

Amount Per Serving		% Daily Value
Organic Ginger Extract (<i>Zingiber officinale</i>) (root and rhizome) (min. 4.6 mg gingerols, gingerdiones and shogaols)	20 mg	**
Melatonin	3 mg	**

** Daily Value not established.

OTHER INGREDIENTS: Microcrystalline cellulose, di-calcium phosphate anhydrous, pregelatinized starch, povidone, croscarmellose sodium, hypromellose, ethylcellulose, polydextrose, colloidal silicon dioxide, titanium dioxide, magnesium stearate, stearic acid, medium chain triglycerides, talc, maltodextrin, oleic acid, FD&C Blue #2, polyethylene glycol. **CONTAINS: SOY.**

*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.

Manufactured for Church & Dwight Co., Inc., Ewing, NJ 08628.

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