

**Melatonin Promotes Normal Sleep Patterns**  
 Melatonin is a hormone only released during the sleep cycle. Dark and low light conditions at night signal the pineal gland to begin secreting melatonin, which causes relaxation necessary for healthy, restful sleep. Melatonin works against harmful free radicals when we sleep which is necessary for the immune system. Melatonin has proven to be twice as active as Vitamin E, which is believed to be the most lipophilic antioxidant.

**Necessary for Healthy Sleep**  
 Inadequate melatonin levels are associated with poor sleeping habits, which can lead to a number of health issues. Sleep is important for brain function, sense of well-being, and healing muscle tissue. A healthy sleep cycle leads to good health in all areas of life.

High Performance Liquid Chromatography (HPLC) Verified



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HPLC Verified

**NutraKey**  
 Health Performance INC

HEALTH ESSENTIALS

ULTRA PURE INGREDIENTS

# MELATONIN

Ultra Micronized **Max Bioavailability**

**RESTFUL & RELAXING SLEEP**

- FALL ASLEEP QUICKLY
- PROMOTE HEALTHY SLEEP PATTERNS

PHARMACEUTICAL GRADE

100 Capsules

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Capsule	Amount Per Serving	%DV
Servings per container: 100		
Melatonin	3 mg	**

\*\* Daily Value not established.

Other Ingredients: Rice flour, Gelatin (capsule).

**Recommended Use:** Take 1 serving (1 capsule) 30 to 40 minutes before bedtime with water. It is not recommended to take Melatonin during waking hours as it promotes relaxation and drowsiness.

- PROMOTE RESTFUL & RELAXING SLEEP
- ESTABLISH NORMAL SLEEP PATTERNS
- REPLACE AGE RELATED DECLINING MELATONIN LEVELS
- ENHANCE SENSE OF WELL-BEING
- PROTECT AGAINST FREE-RADICALS

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 Follow Us **FREE GIVEAWAYS**  
  
 #MakeLifeBetter

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 **MADE IN THE USA**

**Pure Nutrition Go Green**

Warning: Pregnant or lactating women, diabetics, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. Do not use if seal is broken.

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.