

SUGGESTED USE: Adults, as a dietary supplement, take one (1) capsule an hour before bedtime as needed.

For sleep support[†]

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN.

DO NOT USE BEFORE OR WHILE OPERATING A MOTOR VEHICLE OR HEAVY MACHINERY.

IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.

[†]This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

10395-v101



DR. MERCOLA[®]

SLEEP SUPPORT

1.5 mg MELATONIN

per capsule

90 Capsules | Dietary Supplement

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 90

	Amount Per Serving	%DV
Vitamin B6 (as Pyridoxine HCl)	5.5 mg	323%
Melatonin	1.5 mg	*
Dr. Mercola's Calming Blend	46 mg	*
Tart Cherry (<i>Prunus cerasus</i>) Fruit Concentrate		
Chamomile Flower Powder		
Dr. Mercola's Neuro Blend	38 mg	*
L-Theanine		
GABA (Gamma-Amino Butyric Acid)		
L-Tryptophan		
5-HTP (5-Hydroxytryptophan) (from <i>Griffonia simplicifolia</i> (Seed) Extract)		

*Daily Value (DV) not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Capsule (Hydroxypropyl Methylcellulose), Organic Rice Hull.

DISTRIBUTED BY: NHP, 125 SW 3rd Place
Cape Coral, FL 33991 USA (877) 985-2696
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