

Many individuals may be challenged when it comes to getting the rest they need. Whether a busy schedule or exercise routines prevent you from a restful night sleep, melatonin may be the drug free solution to your relaxation woes.*

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

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Bohemia, NY 11716 U.S.A.
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NATURE'S BOUNTY®

BI-LAYER

DUAL SPECTRUM
MELATONIN
5MG

Fall Asleep Faster, Stay Asleep Longer*

WITH ISR TECHNOLOGY

TESTED FOR OPTIMUM PURITY & POTENCY
Clinically Studied Drug Free Ingredient

DUAL ACTION
TABLETS



60 BI-LAYER TABLETS

DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) tablet only at bedtime as Melatonin may produce drowsiness.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Melatonin	5 mg **

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose. **Contains <2% of:** Silica, Triacetin, Vegetable Juice Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

No Artificial Flavor or Sweetener, **No** Preservatives, **No** Sugar, **No** Starch, **No** Milk, **No** Lactose, **No** Soy, **No** Gluten, **No** Wheat, **No** Yeast, **No** Fish. Sodium Free.

Suitable for Vegetarians

*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.