

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 1 capsule daily, 1/2 to 1 hour before bedtime.

Warning: See side panel.

Keep out of the reach of children.



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Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org



Melatonin

0.5 mg

*Supports the body's natural sleep cycle**

Gluten-free, Non-GMO
& Hypoallergenic

Dietary Supplement

180 CAPSULES

Supplement Facts

Serving size 1 capsule
Servings per container 180

	Amount Per Serving	%DV
Melatonin	0.5 mg	*

* Daily value (DV) not established

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

WARNING: Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated with autoimmune disease or for individuals taking corticosteroids.

***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.**

manufactured by: **Pure Encapsulations**
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v7
code: **ME51**