

SOURCE NATURALS®



DIETARY SUPPLEMENT
TIMED RELEASE

MELATONIN

FOR OCCASIONAL SLEEPLESSNESS*

3 MG • 240 TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Calcium	31 mg	3%
Melatonin	3 mg	†

†Daily Value not established.

Other ingredients: dibasic calcium phosphate, microcrystalline cellulose, cellulose acetate, stearic acid, colloidal silicon dioxide, and magnesium stearate.

Melatonin is a neurohormone produced in humans by the pineal gland. A favorite of travelers, it governs the body's circadian rhythms, helping the body ease into restful sleep. Melatonin is also a potent antioxidant.*

Suggested Use: 1 tablet approximately 30 to 60 minutes before bedtime; 1/2 tablet may be sufficient for some people. Do not take more than 2 tablets daily unless recommended by your physician.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

WARNING: USE ONLY AT BEDTIME. For adult use only. Not for use by children, teenagers, or women who are pregnant, may become pregnant or breastfeeding. If you are under medical supervision, or have an autoimmune disease, diabetes, a depressive disorder, a thyroid condition, epilepsy, leukemia, or a lymphoproliferative disorder, or are taking MAO inhibitor drugs or corticosteroids such as hydrocortisone or prednisone, consult your physician before using this product.

STORE IN A COOL, DRY PLACE

***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:
© SOURCE NATURALS, INC.
P.O. BOX 2118, SANTA CRUZ, CA 95062
www.sourcenaturals.com

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