

SOURCE NATURALS®



MELATONIN

FOR OCCASIONAL SLEEPLESSNESS*

DIETARY SUPPLEMENT

3 MG • 60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving
Melatonin	3 mg†

†Daily Value not established.

Other ingredients: microcrystalline cellulose, hydroxypropyl methylcellulose (capsule), maltodextrin, magnesium stearate, and silica.

Suggested Use: 1 capsule at bedtime. Do not take more than 2 capsules daily unless recommended by your physician.

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 cortisone or prednisone, consult your physician before using this product. Do not take when operating machinery or driving a vehicle.

Melatonin is a naturally occurring neurohormone produced in humans by the pineal gland. A favorite of travelers, it governs the body's circadian rhythms, and has been shown in research to help the body ease into restful sleep more quickly. Melatonin also supports antioxidant activity and immunity. **VEGAN TRUE™ MELATONIN** does not contain any animal products or animal-derived ingredients.*

Suitable for vegetarians. Contains no yeast, dairy, egg, gluten, soy or wheat. Contains no sugar, starch, salt, preservatives, or artificial color, flavor or fragrance.

STORE IN A COOL, DRY PLACE.

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

*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.
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