

IMPORTANT:

STORE IN A COOL DRY PLACE AND TIGHTLY
CAPPED.

KEEP OUT OF THE REACH OF CHILDREN.

CAUTION: MAGNESIUM SUPPLEMENTS CAN CAUSE
CHANGES IN STOOL CONSISTENCY AND BOWEL
HABITS. IF THIS OCCURS, DISCONTINUE USE AND
DISCUSS THIS MATTER WITH YOUR PHYSICIAN.

FREE OF: Milk, Eggs, Fish, Shellfish, Tree Nuts,
Peanuts, Wheat or Soy



Manufactured Exclusively by:

KIRKMAN®

Lake Oswego, OR 97035

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HYPOALLERGENIC | GLUTEN-FREE

KIRKMAN®

MELATONIN PLUS MAGNESIUM

**DIETARY
SUPPLEMENT**

**250
CAPSULES**

SUGGESTED USE:

Take one capsule daily or as directed by a physician.

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 250

Each Serving Contains	Amount per Serving	% Daily Value
Magnesium (from Magnesium Oxide)	100 mg	24 %
Melatonin	1 mg	**

**Daily Value not established

Other Ingredients: Microcrystalline Cellulose,
Vegetarian Capsule (hypromellose and water),
Magnesium Stearate (plant based)



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