

DIRECTIONS: Take 1 tablet
30 minutes before bedtime as a
dietary supplement or as directed
by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light & moisture.
Store in a cool, dry place.
Do not purchase if seal is broken.

**MADE IN THE U.S.A. FROM GLOBALLY
SOURCED INGREDIENTS.**

†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.



MELATONIN

3 mg

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	%Daily Value
Calcium (dicalcium phosphate)	70 mg	5%
Melatonin	3 mg	*

*Daily value not established.

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, silica, magnesium stearate, croscarmellose sodium.

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or nursing women, those with a medical condition and those taking medication. Do not drive or operate machinery when taking melatonin.

ITEM: 390ND



Awake Refreshed[†]
Supports Restful Sleep[†]

100 TABLETS
DIETARY SUPPLEMENT

NO SUGAR, WHEAT, SOY, MILK, ARTIFICIAL
COLORS, FLAVORS OR PRESERVATIVES

NON GMO - GLUTEN FREE - VEGAN

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