

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

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light and moisture.
Store in a cool, dry place.

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.



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

FOODS PLUS.

Since 1962

Melatonin

3 mg

**PRESERVATIVE FREE
NON GMO
GLUTEN-FREE**

fast acting formula

helps support sleep cycle†

**60
TABLETS**

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	
Melatonin	3 mg*

*Daily value not established.

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

Melatonin may cause drowsiness if taken during the day. Do not take if you have an auto immune disorder. If you are taking any medications, discuss taking melatonin with your physician prior to taking this product. Do not take if you are pregnant or lactating.

Distributed by: Foods Plus®

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