

RECOMMENDATION:

Dosage cup included.
Shake well before each use.

#Do not use for more than 14 consecutive days unless directed by a physician. For children 3-5 years, consult a physician before use. For children 6 years and older, start with 1 teaspoon (tsp) (5 mL) and give up to 2 teaspoons (tsp) (10 mL) as needed. Administer 30-60 minutes before bedtime. **DO NOT EXCEED RECOMMENDED DOSE.**

Warning: May cause drowsiness. If your child is experiencing long-term sleep difficulties, taking any medications, has a medical condition, or chronic disease, consult a physician before use. Adults, do not use this product unless advised by a physician if you are pregnant, attempting to become pregnant, or nursing; if you are taking any medications; or are being treated for depression, autoimmune, endocrine, diabetes, blood clotting, or seizure disorders. Do not take melatonin while operating a motor vehicle or machinery.



◆ LG12822.A01 BLQ9195A

CONTAINS NO: Sugar, Gluten, Dairy, Peanut, or Artificial Colors

Keep out of reach of children. Do not use if safety seal under child-resistant cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



Supplement Facts

Serving Size	1 teaspoon (5 mL)	2 teaspoons (10 mL)
Servings per Container	24	12
Amount per Serving	Ages 6+ % DV†	Ages 6+ % DV†
Calories	15	25
Total Carbohydrate	4 g 1%†	8 g 3%†
Total Sugars	0 g **	0 g **
Includes Added Sugars	0 g 0%†	0 g 0%†
Sugar Alcohol	4 g **	8 g **
Black Elder (<i>Sambucus nigra</i> L.) Extract (berry) standardized to anthocyanins from 1,600 mg of premium cultivar elderberries per teaspoon	25 mg **	50 mg **
Melatonin	0.5 mg **	1 mg **

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: sorbitol, glycerin, purified water, natural flavors, malic acid, potassium sorbate (preservative to maintain freshness)

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