



Melatonin Gummies

2.5 mg



DIETARY SUPPLEMENT

✓ Promotes Relaxation* ✓ Healthy Sleep* ✓ Optimal Wellness*

100 Vegetarian Gummies | 100 Servings

Supplement Facts

Serving Size: 1 Gummy
Servings Per Container 100

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	2 g	1%**
Total Sugars	1 g	†
Includes 1 g Added Sugars		2%**
Melatonin	2.5 mg	†

** Percent Daily Value based on a 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Glucose syrup, sugar, water, pectin, natural flavors, fruit juice (for color), citric acid, sodium citrate, coconut oil, carnauba wax.

Directions: Adults: take one gummy one to two hours before bedtime. Store in a cool, dry place. Keep out of the reach of children.

Melatonin is a hormone produced by the pineal gland in the brain that helps regulate the body's circadian rhythm, the internal clock that controls when we fall asleep and wake up.*

✓ **Gluten-free** ✓ **Soy-free**
✓ **No Artificial Preservatives**

WARNING: For adult use only at bedtime. This product is not to be taken by pregnant or lactating women. If you are taking medication or have a medical condition, consult a physician before using this product. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

POTENCY & QUALITY GUARANTEED

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