

swanson.com

or call 1-800-437-4148

- Encourages healthy sleep patterns
- Helps regulate the body's circadian rhythm
- Supports antioxidant pathways

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule with water one-half hour before bedtime.

WARNING: For adults only. As melatonin may produce drowsiness, do not drive an automobile or operate heavy equipment after taking. Do not take this product if you are pregnant or nursing, have an autoimmune condition or a depressive disorder, or are under 16 years of age. Consult your healthcare provider before use if you are experiencing long-term sleep difficulties, have a medical condition or if you are taking any prescription medications.

Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place.

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.



SWANSON®

Melatonin

Sleep Support

1 mg per capsule

DIETARY SUPPLEMENT | 120 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving

Melatonin 1 mg*

*Daily Value not established.

Other ingredients: Rice flour, gelatin, magnesium stearate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

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