

**Suggested Usage:** Take 1 lozenge just prior to bedtime as needed. Chew lozenge or hold in mouth until dissolved and swallow.

Melatonin is a potent free radical scavenger naturally produced in the pineal gland.\* It is involved in many of the regulatory processes of the body, including regulation of glandular secretory functions related to the maintenance of normal sleep/wake cycles and aspects of immune system function.\*

\*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.

**Caution:** For adults only. May cause drowsiness. Do not operate a vehicle or heavy machinery following consumption of melatonin. Consult physician if pregnant/nursing, taking medication (especially sedatives, immunosuppressants or anticoagulants), or have a medical condition (including diabetes, auto-immune conditions, depressive disorders, cardiovascular conditions and epilepsy). Keep out of reach of children.



CODE 3259



The Trusted Name In Natural Health Products™

**wholehealth®**

PREMIUM SUPPLEMENTS

**Melatonin**  
3 mg

HEALTHY SLEEP CYCLE \*

- Chewable
- Fast Absorption\*

180 Lozenges **Vegetarian/Vegan**

A DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Lozenge

	Amount Per Serving	% Daily Value
Vitamin B-6 (from Pyridoxine HCl)	3 mg	176%
Melatonin	3 mg	†

\* Daily Value not established.

Other ingredients: Fructose, Cellulose, Stearic Acid (vegetable source), Mannitol, Natural Peppermint Flavor, Sorbitol and Magnesium Stearate (vegetable source).

Distributed by: WholeHealth Products,  
Santa Rosa, CA 95407  
www.WholeHealth.com . 1-866-381-7693



Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

**Do Not Eat Freshness Packet. Keep in Bottle.**  
Natural color variation may occur in this product.