

**Suggested Usage:** Take 1 tablet about 1 hour before bedtime with juice or water.

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.\* Melatonin is also produced in the GI tract, where it is essential for the maintenance of a healthy gastrointestinal lining.\*

\*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.

This bottle is made from 100% PCR (post-consumer recycled) resin.



CODE 3262B V8

TABLET  
SIZE



# Melatonin 1 mg

Healthy Sleep Cycle\*

- Gastrointestinal Support\*
- With Co-Factor Nutrients

100 Tablets

A Dietary Supplement Vegetarian/Vegan



General Health

Family owned since 1968.

## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Niacin (as Niacinamide)	100 mg	625%
Vitamin B-6 (from Pyridoxine HCl)	5 mg	294%
Magnesium (from Magnesium Citrate)	40 mg	10%
Melatonin	1 mg	†

† Daily Value not established.

Other ingredients: Calcium Carbonate, Microcrystalline Cellulose, Hydroxypropyl Cellulose, Stearic Acid (vegetable source), Vegetarian Coating [hypromellose (cellulose), calcium carbonate, glycerin] and Magnesium Stearate (vegetable source).

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA [nowfoods.com](http://nowfoods.com)

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. **Natural color variation may occur in this product.**

Store in a cool, dry place after opening.