

Suggested Usage: Take 1 capsule near bedtime with water. This product is not intended for long-term use. Use beyond 4 consecutive weeks should be only under the supervision of a healthcare practitioner.

Melatonin is a potent free radical scavenger naturally produced in the pineal gland and present in high amounts in the gastrointestinal tract.* It is involved in many of the body, brain and glandular biological functions including regulation of normal sleep/wake cycles, regulation of the immune system and maintenance of a healthy gastrointestinal lining.*

Caution: For adults only at bedtime. This product is not intended for long-term use; use only as directed. Not for pregnant or nursing women. May cause drowsiness. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Consult physician if taking medication (especially sedatives and anti-depressants) or have a medical condition (including depression, high blood pressure and epilepsy). Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

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

CODE
3558A
V2



Maximum Strength Melatonin 20 mg

Healthy Sleep Cycle*

- Free Radical Scavenger*
- Gastrointestinal Support*

90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



General Health

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

Melatonin	20 mg**
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** Daily Value not established.

Other ingredients: Magnesium Citrate, Microcrystalline Cellulose, Hypromellose (cellulose capsule) and Stearic Acid (vegetable source).

Manufactured for NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108, USA nowfoods.com

Made in Canada with globally sourced ingredients.

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

NOW® Maximum Strength Melatonin 20 mg has four times the Melatonin as in our 5 mg product.

*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.

