

General Health

Family owned since 1968.

## Supplement Facts

Serving Size 1 Tablet

### Amount Per Serving

Melatonin	5 mg**
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\*\* Daily Value not established.

Other ingredients: Microcrystalline Cellulose, Hypromellose (cellulose), Stearic Acid (vegetable source) and Silicon Dioxide.

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, corn, milk, egg, fish, shellfish, tree nut or sesame ingredients.

Produced in a GMP facility that processes other ingredients containing these allergens.

This sustained release tablet is formulated to release over a 4-hour period.

Store in a cool, dry place after opening.



# Melatonin

## 5 mg

### Sustained Release

Healthy Sleep Cycle\*

Gastrointestinal Support\*

120 Tablets



A Dietary Supplement Vegetarian/Vegan



**Suggested Usage:** Take 1 tablet daily near bedtime with water.

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.\* NOW® Melatonin Sustained Release Tablets allow for steady release and more gradual, sustained utilization.

\*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 at bedtime. 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.

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3554B

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