

**Suggested Usage:** Shake well. Take 1/4 teaspoon (~ 20 drops) just prior to bedtime. Take directly or add to your favorite beverage.

**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). Contains alcohol. Keep out of reach of children. Contains Xylitol, which is harmful to pets.

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

Natural color variation may occur in this product.

CODE 3261P v7



# Liquid Melatonin

Healthy Sleep Cycle\*

- Free Radical Scavenger\*
- 3 mg Per Serving
- Fast Absorption, Great Taste

2 FL. OZ. (59 mL)

A Dietary Supplement    Vegetarian/Vegan

General Health

Family owned since 1968.

## Supplement Facts

Serving Size 0.9 mL (approx. 1/4 teaspoon) (~ 20 drops)  
Servings Per Container about 66

### Amount Per Serving

Melatonin	3 mg**
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\*\* Daily Value not established.

Other ingredients: Water, Vegetable Glycerin, Fructose, Xylitol, Organic Cane Alcohol (6%), Natural Flavors, Potassium Sorbate (as preservative), Citric Acid, Malic Acid and Lemon Oil (*Citrus limon*).

Manufactured & Quality Tested by NOW FOODS  
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\*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.