

Product Number: AB7840

Directions: For adults, take one (1) capsule 30 minutes before bedtime as Melatonin may cause drowsiness. Do not exceed recommended dose of one (1) capsule daily.

Caution: Do not take if you are pregnant or lactating, an individual with an auto-immune condition or a depressive disorders, or if you are under 18 years of age. If you are under medical supervision, please consult a doctor before use. Discontinue use and consult a doctor if any adverse reactions occur. When using this product do not consume alcohol, operate machinery, or drive a motor vehicle.

Keep out of reach of children.
Store in a cool, dry place.

tnvitamins



Extra Strength
Melatonin
15 MG Per Capsule
240 Capsules

Dietary Supplement | **8 Month Supply!**

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 240

Amount Per Serving	% Daily Value
Melatonin	15 mg *

* % Daily Value (DV) is not established.

Other Ingredients: Gelatin (capsule), Rice Powder, Vegetable Magnesium Stearate, Silica

Laboratory Tested & Manufactured For:

Total Nutrition, Inc.

Farmingdale, NY 11735 USA

(800) 245-7955

TNVitamins.com



Melatonin 15 MG Per Cap...plement | by TNVitamins
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