

WARNING: Take at bedtime only. Melatonin can induce drowsiness and sleep. Pregnant or nursing women, individuals taking sedatives or other medication(s), or persons who have a health condition or are experiencing long-term sleep difficulties should consult their physician before using this product. Do not use alcohol, drive a vehicle or operate machinery while taking this product. Do not use prior to surgery.

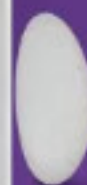
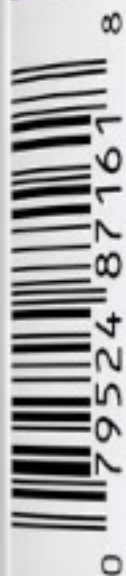
SAFETY-SEALED. DO NOT USE IF PRINTED SEAL UNDER CAP IS CUT, TORN, OR MISSING.

Tablet color may vary.

**GLUTEN
FREE**

FRESHNESS AND POTENCY GUARANTEED THROUGH

140741
518804
TAP64892



ACTUAL
SIZE

melatonin

5 mg

may help promote restful
sleep patterns*



240 TABLETS

DIETARY SUPPLEMENT

*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.



240
TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Melatonin 5 mg	**
Lemon Balm (aerial parts) Extract 500 mcg	**

** Daily Value not established.

INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose. Contains 2% or less of lemon balm, magnesium stearate, melatonin, silicon dioxide, stearic acid.

094 02 0271 R00 C-001472-01-112

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Questions? Call 1-800-910-6874

Suggested Use: Adults, take one (1) tablet just prior to or at bedtime as a dietary supplement.

Keep out of reach of children.

Store at 15° - 30°C (59° - 86°F).