

BALANCE*

Melatonin is a naturally occurring compound that is produced by the body. It has been associated with normal body rhythms and sleep/wake patterns.*

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.

*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.

Tablet color may vary.

**GLUTEN
FREE**

142796
518004
TAP0648714

ACTUAL
SIZE



melatonin

5 mg

may help promote restful
sleep patterns*



240 TABLETS

DIETARY SUPPLEMENT

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240
TABLETS

melatonin

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.

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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).