

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.

Tablet color may vary.

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.

FRESHNESS AND POTENCY GUARANTEED THROUGH:

142740
510802
TARGET

ACTUAL
SIZE

0 79524 87591 3

quick dissolve melatonin

5 mg

may help promote restful
sleep patterns*



90 TABLETS

DIETARY SUPPLEMENT

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CHERRY
FLAVOR

BALANCE*

90
TABLETS

melatonin

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Melatonin 5 mg	†

† Daily Value not established.

Ingredients: Mannitol, Croscopovidone, Microcrystalline Cellulose. Contains 2% or less of FD&C red no. 40 lake, magnesium stearate, melatonin, natural cherry flavor, stearic acid, sucralose.

094 02 0549 R00 C-001472-01-112

Dist. by Target Corp., Minneapolis, MN 55403

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Questions? Call 1-800-910-6874

Suggested Use: Adults, dissolve one (1) tablet daily under tongue for 30 seconds, then swallow. Use just prior to or at bedtime.

Keep out of the reach of children.

Store at 15° - 30° C (59° - 86° F).

GLUTEN FREE