

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.

Keep out of reach of children. Store at 15° - 30°C (59° - 86°F).

DO NOT USE IF PRINTED SEAL UNDER CAP IS BROKEN OR MISSING

Tablet color may vary.

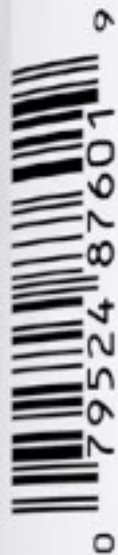
Questions or comments? 1-800-910-6874

*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.

**GLUTEN
FREE**

FRESHNESS & POTENCY
GUARANTEED THROUGHOUT

139723/518799/TAR649768



ACTUAL SIZE

melatonin

10 mg

may help promote restful
sleep patterns*



120 TABLETS DIETARY SUPPLEMENT

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BALANCE*

120

TABLETS

melatonin

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

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Melatonin 10 mg	**
Lemon Balm (aerial parts) Extract 1000 mcg	**

**Daily Value not established.

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

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