

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



Melatonin may be appropriate for people experiencing occasional sleeplessness, those with jet lag or anyone wanting to promote sound, quality sleep.*

*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.

TO REORDER ITEM # 50126
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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Puritan's Pride

MELATONIN

TIMED RELEASE SLEEP AID*

5MG

VEGETARIAN DIETARY SUPPLEMENT

120 Easy To Swallow
Coated Tablets

DIRECTIONS: For adults, take one (1) tablet 30 minutes before bedtime.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	500%
Melatonin	5 mg	**

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose. **Contains <2% of:** Carnauba Wax, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains bioengineered food ingredients.

No Artificial Color, Flavor or Sweetener, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.