

Melatonin is a natural sleep hormone. Taking supplemental melatonin before bed may support your sleep-wake cycle.*

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

DIRECTIONS: Take 1-3 capsules before bed.



WellnessResources.com

Rev. 03



Melatonin 3mg

Sleep Support Nutrient*

180 Capsules
Dietary Supplement

Supplement Facts

Serving Size: 3 capsules

Servings per container: 60

	Amount Per Serving	% Daily Value
Melatonin (99.5% pure synthetic melatonin)	9 mg	*

*Daily Value not established

Other Ingredients: Cellulose capsule and rice hulls.

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