

SUGGESTED USAGE: Take 1 capsule prior to bedtime, or as directed by your healthcare practitioner. This product is not intended for long-term use. Use beyond 4 consecutive weeks should be only under the supervision of a healthcare practitioner.

HOW IT WORKS: Melatonin is a potent free radical scavenger naturally produced in the pineal gland and the GI tract.* It is involved in many of the regulatory processes of the body, including regulation of glandular secretory functions related to the maintenance of normal sleep/wake cycles, maintenance of GI health, and aspects of immune system function.* Supplemental melatonin has been shown to support healthy sleep patterns especially when traveling across time zones or for shift workers.*

CAUTIONS/INTERACTIONS: This product is not intended for long-term use; use only as directed. May cause drowsiness. Do not operate a vehicle or heavy machinery following consumption of melatonin. Consult physician if pregnant/nursing, taking medication, especially sedatives, immunosuppressants or anticoagulants, or have a medical condition including diabetes, auto-immune conditions, depressive disorders, cardiovascular conditions and epilepsy. Melatonin may interact with supplements such as St. John's Wort and 5-HTP.

Store in a cool, dry place after opening.



**PROTOCOL
FOR LIFE BALANCE®**

Maximum Strength Melatonin 20 mg

- Healthy Sleep Cycle*
- Supports Gastrointestinal Health*



90 Veg Capsules

A Dietary Supplement Vegetarian/Vegan

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

Melatonin	20 mg**
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** Daily Value not established.

Other ingredients: Magnesium Citrate, Microcrystalline Cellulose, Hypromellose (cellulose capsule) and Stearic Acid (vegetable source).

Formulated & Distributed by Protocol For Life Balance
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
protocolforlife.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This Maximum Strength Melatonin 20 mg has twice the Melatonin as in our Extra Strength 10 mg product.

Natural color variation may occur in this product.

*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.

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