

Seeking a sleep promoter?  
Country Life's melatonin mimics that  
which is naturally produced in the body.\*\* The  
Rapid Release Delivery System allows the tablets to  
dissolve within minutes. Available in 1 and 3 mg strengths.

\*\* 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.

**YES** CERTIFIED GLUTEN-FREE BY GFCO.ORG  
**YES** CERTIFIED VEGAN BY THE AVA  
**YES** RECYCLABLE PACKAGING  
**YES** MANUFACTURING SUPPORTS  
WIND POWER  
**YES** KOSHER

**NO** GMOs  
**NO** YEAST, CORN OR WHEAT  
**NO** SOY, MILK OR SUGAR  
**NO** PRESERVATIVES  
**NO** ARTIFICIAL COLORS,  
FLAVORS OR SWEETENERS

Lot No: **21H743D**  
**29/2 16:55 01**  
**09/24**  
Best by:



ESTABLISHED  
— 1971 —

Country<sup>®</sup>  
Life

• RAPID RELEASE •

**MELATONIN**

1 mg

**Certified Gluten-Free**

- ▶ Lower dose sleep promoter\*\*
- ▶ Helps you fall asleep faster\*\*
- ▶ Promotes optimal sleep\*\*

Dietary Supplement : **60** Tablets

— Our PLEDGE of INTEGRITY —  
AUTHENTICITY • CLEANLINESS • FRESHNESS  
CONSISTENCY • ACCURACY

**Directions:** Adults take one (1)  
tablet one half hour before bedtime. As a  
reminder, discuss the supplements and medications  
that you take with your health care providers.

**Supplement Facts**

Serving Size 1 tablet

Amount Per Serving	% Daily Value
Melatonin	1 mg *

\* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, silica,  
magnesium stearate, vegetable glaze. **CAUTION:** Not for use by persons  
under the age of 18. Use only at bedtime. Do not take this product when  
driving a motor vehicle or operating heavy machinery. Consult a doctor before  
using this product if you are pregnant or nursing, have a medical condition,  
are taking medication or planning surgery, or if you are experiencing  
long-term sleep difficulties. Stop using and consult a doctor if any adverse  
reactions occur. Not recommended for consumption with alcoholic  
beverages. In case of accidental overdose, seek professional assistance.  
**Do not accept if seal is broken. Store in a dry place between 59° - 86° F.**  
**Keep out of the reach of children.**

This product has been manufactured at a GMP Registered facility.

Manufactured by Country Life, LLC  
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)  
CountryLifeVitamins.com  
Product No. 1690