

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

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ESTABLISHED
 - 1971 -

Country®
 Life

• RAPID RELEASE •

MELATONIN

1 mg

Certified Gluten-Free

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

Dietary Supplement : **120** 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. 1691