

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.

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|---------------------------------------|--|
| YES CERTIFIED GLUTEN-FREE BY GFCO.ORG | NO YEAST, CORN OR WHEAT |
| YES CERTIFIED VEGAN BY THE AVA | NO SOY, MILK OR SALT |
| YES RECYCLABLE PACKAGING | NO SUGAR OR PRESERVATIVES |
| YES MANUFACTURING SUPPORTS WIND POWER | NO ARTIFICIAL COLORS, FLAVORS
OR SWEETENERS |
| YES KOSHER | |

This product has been manufactured at a GMP Registered facility.

Lot No: **223654A**
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 Best by: **07/25**



ESTABLISHED
 — 1971 —

Country®
 Life

• RAPID RELEASE •

MELATONIN

3 mg

Certified Gluten-Free

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

Dietary Supplement : **90 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	3 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.**

Manufactured by Country Life, LLC
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 CountryLifeVitamins.com
 Product No. 1689