Directions: Take 1 tablet two hours before bedtime as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light and moisture.
Store at 15-30°C (59-86°F).

MADE IN THE U.S.A.

† 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.

GLUTEN FREE

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Since 1962
FOODS PLUS™
HEALTH PRODUCTS

MELATONIN
5 MG

HELPS PROMOTE RELAXATION & SLEEP†

Supplement Facts
Serving Size: 1 Tablet

	Amount Per Serving	% DV
Melatonin	5 mg	*

*Daily value (DV) not established.

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica and pharmaceutical glaze.

WARNING: Discuss with your health care practitioner prior to using if you are under medical supervision, have asthma, or are using any tranquilizers or sedatives. Consult your physician before using if you have an autoimmune condition, depressive disorder, or are pregnant or lactating.

NO SUGAR, STARCH, YEAST, WHEAT, SOY, ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES

DIETARY SUPPLEMENT 60 TABLETS

Distributed by: Foods Plus™
6 Henderson Drive, West Caldwell, New Jersey 07006

FP #671