

Scan for  
product info

Read the entire label and follow the directions  
carefully prior to use.

**DIRECTIONS:** Take one (1) tablet 30 to 60  
minutes before bedtime, or as recommended by  
a healthcare practitioner. Melatonin is naturally  
secreted from the pineal gland at night, and  
should be taken at night for optimal results.

**CAUTION:** Do not consume alcohol, drive or  
operate machinery after taking this product.

Store tightly closed in a cool, dry place.

**WARNINGS:**

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or  
damaged.
- When using nutritional supplements,  
please consult with your physician if you  
are undergoing treatment for a medical  
condition or if you are pregnant or lactating.



**LIFE  
EXTENSION®**

**Melatonin**  
**6 Hour Timed Release**  
**300 mcg**



GLUTEN FREE



Promotes Optimal Sleep\*

**100** VEGETARIAN TABLETS | DIETARY SUPPLEMENT

**Supplement Facts**

Serving Size 1 Vegetarian Tablet

Amount Per Serving	% Daily Value
Melatonin	300 mcg **

\*\*Daily Value not established.

Other ingredients: microcrystalline cellulose,  
hydroxypropyl methylcellulose, hydroxypropyl-  
cellulose, aqueous film coating (purified  
water, hydroxypropyl methylcellulose,  
glycerin), stearic acid, vegetable stearate,  
croscarmellose sodium, silica.

Manufactured for:  
Quality Supplements and Vitamins, Inc.  
Ft. Lauderdale, FL 33309 • LifeExtension.com  
To report a serious adverse event or  
obtain product information, contact  
1-866-280-2852.

\*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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