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product info



01/2024  
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Read the entire label and follow the directions carefully prior to use.

**DIRECTIONS:** Take one (1) capsule 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. \*For occasional sleeplessness.

**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 damaged.
- Consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.



**LIFE  
EXTENSION®**

# Melatonin IR/XR

**Immediate and  
Extended Release**



GLUTEN FREE



**Fall Asleep, Stay Asleep\***

**60**

CAPSULES

**DIETARY  
SUPPLEMENT**

## Supplement Facts

Serving Size 1 Capsule

| Amount Per Serving          | % Daily Value |
|-----------------------------|---------------|
| Melatonin                   | 1.5 mg        |
| [as MicroActive® Melatonin] |               |

\*\*Daily Value not established.

Other ingredients: microcrystalline cellulose, gelatin (capsule), hydroxypropyl methylcellulose, sodium alginate, carnauba wax, silica.

Manufactured for:

Quality Supplements and Vitamins, Inc.

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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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