

Directions: Chew one (1) gummy 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.

*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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- 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.

GUMMY SCIENCE™



Melatonin

3 mg

Promotes Optimal Sleep*

Strawberry Flavored
with non-strawberry natural flavors

NO ADDED SUGAR❖

60 GUMMIES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Gummy

Amount Per Serving		% Daily Value
Total Carbohydrate	2 g	< 1%†
Dietary Fiber	1 g	4%†
Total Sugars	0 g	
Includes 0 g Added Sugars		
Sugar Alcohols	0 g	
Melatonin	3 mg	**

**Daily Value not established.

†Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: soluble corn fiber, allulose, purified water, erythritol, pectin, citric acid, natural flavors, sodium citrate, sunflower oil, black carrot color, stevia leaf extract, maltodextrin.

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.

❖ Not a low calorie food. See nutrition information for sugar and calorie content.

Store tightly closed in a cool, dry place.

Vegetarian

Made in Canada

