

**SUGGESTED USE** Consume one capsule 30 minutes before bedtime. You can increase your intake as required or as guided by your physician. **For questions about the use of this product call 800.800.1200.**

**WARNING** Do not use when driving a motor vehicle, operating machinery or during any activity requiring attention.

**Since 1979, Unsurpassed Purity, Quality and Efficacy.**

**100% SOLAR PRODUCTION  
ZERO-CARBON FOOTPRINT**

**QUESTIONS? REORDERS?**

**800.800.1200 PROCAPS.COM**

Manufactured by ProCaps Labs  
Henderson, NV 89011

ANDREW LESSMAN

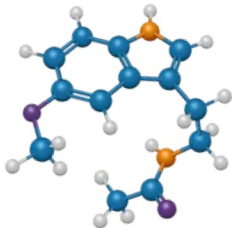


PROCAPS



# MELATONIN 3

3 mg High Bioavailability Melatonin



**MELATONIN 3** provides metabolically balanced levels of highly bioavailable melatonin to promote restful sleep without “hangover”. Melatonin is a naturally produced hormone that is required for healthy, normal sleep. Our melatonin provides metabolically appropriate levels of this protective hormone to gently promote healthy sleep without dependency, hangover or side effects. Restful sleep is essential to recover physically, mentally and emotionally from the demands of daily life; however, the stress and pace of modern life, can frequently interfere with normal sleep. Clinical studies have long shown that melatonin naturally regulates our body’s daily circadian rhythm (our internal body clock) which determines when we sleep and wake up. Unfortunately, aging, stress, excessive caffeine, many medications, poor diet, insufficient sunlight, as well as jet lag, shift work and even poor vision can disrupt normal melatonin secretion. Modern life is challenging, but a good night’s sleep is the foundation upon which a happy, healthy, high-energy life can be built. **Melatonin 3** is designed to provide metabolically appropriate levels of our highly bioavailable melatonin to naturally support the sleep process and promote a quality night’s sleep.

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.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS**

## Supplement Facts

Serving Size 1 Capsule	Servings Per Container 240	
Amount Per Serving	% DV*	
Calcium (as calcium carbonate)	60 mg	5%
Magnesium (as magnesium oxide)	60 mg	14%
<b>Melatonin</b>	<b>3 mg</b>	<b>†</b>

\* Percent Daily Values (% DV). † Daily Value not established.

Other Ingredients: Natural plant cellulose vegetarian capsule. **CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.

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Dietary Supplement



**240 EASY-TO-SWALLOW CAPSULES**