

Suggested Use: Take 1 capsule daily, with or without food, 30 minutes prior to bedtime. Best when taken as directed by a qualified healthcare professional. **Use only at bed time.**

Warnings: Keep out of reach of children. May cause drowsiness. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Pregnant or lactating women, the chronically ill, elderly, individuals under the age of 18, those taking prescription medications (e.g., sedatives and anti-depressants) as well as those with a physician diagnosed medical condition should consult with a physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements.

Sealed for your protection. Do not use if seal is missing or broken. Store in a cool, dry place. Protect from heat, light, and moisture.

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Manufactured for: iHerb, LLC
17400 Laguna Canyon Rd.
Suite 400
Irvine, CA 92618
info@calgn.com
www.calgn.com
LREV1123m390 cgn2379



CALIFORNIA **GOLD** NUTRITION®

Melatonin



**90 Veggie Capsules
Dietary Supplement**



Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

	Amount Per Serving	%Daily Value
Melatonin	3 mg	†

† Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Modified Cellulose (Hypromellose Veggie Capsule), and Silicon Dioxide (Silica).

Not manufactured with milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, sesame, or gluten. Produced in an FDA-registered, third-party audited, and cGMP-compliant facility that may process other products that contain these allergens or ingredients.