

PRODUCT BENEFITS: Melatonin is a natural lipophilic hormone secreted by the pineal gland in the brain, and is classified as an indoleamine. Closely involved in the natural sleep cycle, Melatonin can help support restful sleep patterns.* Studies indicate Melatonin may be appropriate for people experiencing occasional sleeplessness, those with jet lag or those wanting to promote sound, quality sleep.* These positive findings are most likely mediated through Melatonin's involvement with membrane-bound receptors located in the suprachiasmatic nucleus, the pars tuberalis, and other brain regions.*

Directions: For adults, take one (1) tablet at bedtime as Melatonin may produce drowsiness, or follow the advice of your health care professional. As a reminder, discuss the supplements and medications you take with your health care providers.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

PROD. NO. 7915

To refill please call 1-800-765-6775
or visit www.physiologics.com

Carefully Manufactured by PhysiLogics, LLC
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Physio**Logics**®

Melatonin
3 mg

Nutritionally Supports
Sound Sleep*

Dietary Supplement
120 Vegetarian Tablets



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Melatonin 3 mg (as n-Acetyl-5-Methoxytryptamine)	**

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Cellulose (Plant Origin), Croscarmellose, Vegetable Magnesium Stearate, Silica.

FREE OF: artificial color, artificial flavor, artificial sweetener, preservatives, sugar, starch, milk, lactose, soy, gluten, wheat, yeast, fish, sodium.

TAMPER RESISTANT: Do not use if seal under cap is broken or missing.

KEEP OUT OF REACH OF CHILDREN. Store in a dry place and avoid excessive heat.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week. Not intended for use by persons under the age of 18.

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