

Melatonin is a supplement that works in harmony with your natural sleep cycle.* Nature's Bounty Time Released Melatonin is an excellent choice for people experiencing occasional sleeplessness, and those who are looking for a sleep aid that will release ingredients over a period of time to support sound, tranquil sleep.*

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

*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.

 **Nutrition Questions or Comments?**
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com



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NATURE'S BOUNTY®

SUPER STRENGTH

TIME RELEASED

Melatonin

5mg | Clinically Studied
Ingredient

- ◆ **Helps Promote Relaxation & Sleep***
- ◆ **Wake Up Refreshed & Revitalized***



45 tablets

DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) tablet at bedtime as Melatonin may produce drowsiness.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	500%
Melatonin	5 mg	**

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose. **Contains <2% of:** Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Suitable for Vegetarians

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, 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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.