

Do not accept if seal is broken. Product No. 1691
Store between 59°-86° F.

Keep out of the reach of children.

NO: Yeast, corn, wheat, soy, gluten, milk, salt, sugar,
starch, preservatives or artificial color.



Country Life 101 Corporate Drive
Hauppauge, NY 11788

www.countrylifevitamins.com

Lot No:

10L844C
12/13

Best by:



SPECIALTY SUPPLEMENTS

MELATONIN

1 mg

120 Tablets

Dietary Supplement



Country Life®

Directions: Adults take one (1) tablet one half hour before bedtime. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value
Melatonin	1 mg *

*Daily Value not established.

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, silica, magnesium stearate, vegetable glaze.

WARNING: Not for use by persons under the age of 18. Do not exceed 3 mg in a 24 hour period. Use only at bedtime. Do not take this product when driving a motor vehicle or operating heavy machinery. If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. Not recommended for consumption with alcoholic beverages. In case of accidental overdose, seek professional assistance.

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