

Suggested usage: Dissolve before swallowing 1 tablet per day prior to bedtime or as directed by a health professional. Keep out of the reach of children.

Melatonin is recommended by Dr. Michael Murray, one of the world's leading experts on natural medicine. Melatonin can help provide a more restful and natural sleep without any drowsy side effects.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no wheat, gluten, yeast, soy, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* 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.

PRODUCT OF CANADA

Manufactured by Natural Factors Canada

Distributed by NATURAL FACTORS

14224 167th Avenue SE

Monroe, WA 98272



Recyclable container and label.

**Purity & Potency
Guaranteed**

Stress-Relax[®]

Melatonin

1 mg

90 Chewable Tablets

RESETS SLEEP-WAKE CYCLE*

**natural
Factors[®]**

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving
Melatonin	1 mg**

** Daily Value not established.

Other ingredients: Lactose (from milk), microcrystalline cellulose, natural peppermint flavor, croscarmellose sodium, magnesium stearate (vegetable grade).



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LOT & EXPIRY 1.3125" x .25" Single Line