

Melatonin is a hormone that is produced by the pineal gland in the brain. Its secretion is determined by light and seasonal patterns which dictates the circadian rhythms (sleep/wake cycle) of the body. Supplementation has produced remarkable benefits in individuals who work night shifts, travel across multiple time zones or have difficulty sleeping.**

- **Supports Normal Sleep Patterns****
- **Dictates the Circadian Rhythms (Sleep/Wake Cycle)****
- **May Reduces the Effects of Jet Lag****

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

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Lot#
Best if used by:



Melatonin

3mg

Promotes Normal Sleep Patterns**

DIETARY SUPPLEMENT
60 VEGETARIAN CAPSULES

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Suggested Usage: Take 1 capsule before bedtime or as directed by your qualified healthcare provider.

Supplement Facts

Serving Size 1 Vegetarian Capsule
Servings Per Container 60

Amount Per Serving	%Daily Value*
Melatonin 3mg (N-acetyl-5-methoxytryptamine)	†

*Percent Daily Values based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Rice flour. Capsule is made of plant cellulose.

Contains **NO** milk, egg, peanut, tree nut, fish, shellfish, soy, wheat, gluten or yeast. **Vegan/Vegetarian Friendly.**

WARNING: Not for use by people under the age of 18. Excessive consumption may impair ability to drive or operate heavy equipment. Not recommended for consumption with alcoholic beverages. The NIH has warned of the possible dangers of melatonin supplements, including infertility, reduced sex drive in males, hypothermia, retinal damage and interference with hormone replacement therapy.

Formulated by & Manufactured for:
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