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Melatonin is a supplement that works in harmony with your natural sleep cycle to support a sound, tranquil sleep so you can awaken refreshed. Melatonin is an excellent choice for people experiencing occasional sleeplessness, those experiencing jet lag, or anyone who just wishes to improve the quality of their sleep.**

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

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

*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.



Prod. No. 2832 B2832 13E

NATURE'S BOUNTY®

Melatonin

1mg | Clinically Studied Ingredient

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



~~90~~ **180** tablets **DIETARY SUPPLEMENT**

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

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Melatonin 1 mg (as n-Acetyl-5-Methoxytryptamine)	**

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Vegetable Magnesium Stearate.

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.

Suitable for vegetarians.

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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
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