

Suggested Use: As a dietary supplement, take one (1) tablet 20 minutes prior to desired bedtime or as directed by a health care practitioner.

Indicación: Como suplemento dietético, tomar uno (1) tableta 20 minutos antes de acostarse, o deseado como dirigido por un profesional del cuidado de la salud.

Description: Melatonin is a hormone made by a pineal gland in the brain, which sends a signal to your brain that it is time to go to sleep. Only Natural's Melatonin is enhanced with Vitamin B-6 to help calm nerves and aids absorption of melatonin.* Melatonin also aids in a more restful sleep.*

Nutrition Questions or Comments?
Call Only Natural Inc. at 516-897-7001
Mon. – Fri. 9 AM - 5 PM EST
For healthy tips and product
information visit us at:
www.onlynaturalinc.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.

ONLY NATURAL
Est.1986

Melatonin

**Fast Acting Natural Alternative
for Getting to Sleep***

3 mg

Dietary Supplement • 60 Tablets

Supplement Facts

Serving size: One (1) tablet

Each capsule supplies		U.S. RDA
Melatonin	3 mg	**
Vitamin B-6 (Pyridoxine HCl)	10 mg	500%

**Daily value not established
% Daily value based on 2,000 calorie diet

GUARANTEED FREE OF: silica, cellulose,
yeast, corn, dairy, salt, gluten, sugar,
soy and preservatives

STORE IN A COOL, DRY PLACE
KEEP OUT OF REACH OF CHILDREN
TAMPER RESISTANT - DO NOT USE
IF SEAL IS DAMAGED OR MISSING

upc
7-27413-00450-9

Only Natural, Inc.
Island Park, NY 11558 U.S.A.

**Made In
USA**

Exp. date / Lot #