



Melatonin works in harmony with your natural sleep cycle to give you the tranquil rest you deserve, so you can awaken feeling refreshed and revitalized.* Melatonin may be appropriate for people experiencing occasional sleeplessness, those with jet lag, or anyone wanting to promote sound, quality sleep.* One per day. No yeast, lactose, wheat, gluten, milk or milk derivatives, sugar, preservatives, soy, artificial color, artificial flavor or sodium.

*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.

100% satisfaction guaranteed.

As a dietary supplement for adults, take one tablet at bedtime as melatonin may produce drowsiness. Store at room temperature, tightly closed.

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Ingredients

Dicalcium Phosphate , Cellulose Plant Origin , Croscarmellose , Vegetable Magnesium Stearate , Silica

Nutrition Facts

Serving Size : 1 Tablet
Serving per Container : 240

Amount Per Serving	% Daily value*
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Melatonin 3 mg	
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