

Directions: As a dietary supplement, take one (1) tablet thirty minutes before bedtime or as directed by your healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Caution: Do not take if you are operating machinery or a vehicle. Not intended for use by pregnant or nursing women or those under the age of 18.

Warning: Consult a healthcare provider prior to use if: pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children.

Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Sugar, Yeast, Preservatives, Artificial Flavors or Colors. **Gluten free**



DIETARY SUPPLEMENT

MAXIMUM STRENGTH

Melatonin
5 mg

**Supports a
Good Night's Rest***

100 Tablets

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV
Melatonin	5 mg **

**Daily Value (DV) not established.

Other Ingredients: Calcium Carbonate, Cellulose, Croscarmellose Sodium, Stearic Acid, Silicon Dioxide, Magnesium Stearate, Polyvinyl Alcohol, Talc, PEG, Polysorbate.

*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.

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21ST Century HealthCare, Inc.
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21st Century®...for a healthier future.

Melatonin 5 mg

Melatonin works in harmony with your natural sleep cycle to promote relaxation and sleep so you can wake up refreshed and revitalized.*

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