

SLEEP SOUNDLY, WAKE UP REFRESHED!

SLEEP SOUNDLY

PATENTED CONTROLLED RELEASE FORMULA

MELATONIN

10 mg Time Release

Fast Acting / Extended Release

Go to Sleep Fast... Sleep through the Night!



DIETARY SUPPLEMENT
60 TABLETS

Non-Habit Forming

NUTRITION WORKS™

SLEEP SOUNDLY™

MELATONIN

10 mg Per Serving

Sleep Soundly™ Melatonin is a natural dietary supplement that may help give you the peaceful sleep you need. Each tablet provides a time release formula to provide you up to 8 hours of support.†

Melatonin is a hormone that synchronizes our bodies to the patterns of the earth. Sleep patterns, reproduction, and body weight change with the timing of the sun, the moon, and the tides. Melatonin makes sure that we are in sync with the planet we live on.†

Melatonin is not found in foods and is solely produced by the body. Melatonin, the principle hormone secreted by the pineal gland located in the brain, helps set the rhythm of a person's physical responses within a 24 hour period (circadian rhythm). This is done by an internal clock located in the suprachiasmatic nucleus (SCN) of the brain. The SCN feeds the body a set of hormones and neural responses which synchronizes the body to the environment it's living in.†

Don't let another day go by feeling tired and drained. Wake up feeling refreshed and energized instead. Take Sleep Soundly Melatonin to help get the rest you need.†

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Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving
Melatonin	10 mg*

*Daily value not established.

Other Ingredients: Dicalcium phosphate, hypromellose, microcrystalline cellulose, stearic acid, magnesium stearate and silica.

DIRECTIONS: Take 1 tablet shortly before bedtime as a dietary supplement.

WARNING: As with any dietary supplement, consult with your healthcare professional if you are pregnant, breast feeding, have a medical condition or are on any medication.

- Keep out of reach of children.
- Store at 15-30°C (59-86°F).
- Protect from heat, light and moisture.
- Do not use if inner seal is broken.

†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.

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