

DIRECTIONS: FOR ADULTS, TAKE ONE (1) TABLET AT BEDTIME AS MELATONIN MAY PRODUCE DROWSINESS. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Melatonin	5 mg **

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose. Contains <2% of: Silica, Vegetable Magnesium Stearate.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.



Manufactured by
REXALL SUNDOWN, INC.
Boca Raton, FL 33487 USA

Sundown
Naturals

EXTRA STRENGTH

Melatonin

5 MG

*Clinically Studied
Ingredient*

Sleep Aid*

VEGETARIAN FORMULA
60 TABLETS DIETARY SUPPLEMENT

Smart Facts

Occasional sleeplessness can affect anyone – young or old. The National Institutes of Health recommends keeping a regular schedule of going to bed and waking up at the same time every day, even on weekends, to help your body maintain a normal circadian rhythm. However, due to life's demands this is not realistic for many people, which is why Melatonin is an excellent choice for those experiencing occasional sleeplessness and for those wanting to promote sound, quality sleep.*

*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.

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.

Questions? Call toll free 1-888-VITAHELP (848-2435) or visit us at www.sundownnaturals.com



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