

Melatonin is a supplement that works in harmony with your natural sleep cycle to support a sound, tranquil sleep so you can awaken refreshed.* Melatonin is an excellent choice for people experiencing occasional sleeplessness, those experiencing jet lag, or anyone who just wishes to improve the quality of their sleep.*



 Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

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*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.



Prod. No. 2832 B2832 16H

NATURE'S BOUNTY®

Melatonin

**1 mg | Clinically Studied
Ingredient**

- ◆ **Helps Support
Relaxation & Sleep***
- ◆ **Wake Up Refreshed
& Revitalized***



180 tablets

DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) tablet daily at bed-
time as Melatonin may produce drowsiness.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Melatonin 1 mg	**
(as n-Acetyl-5-Methoxytryptamine)	

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Vegetable Magnesium Stearate.

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

Suitable for Vegetarians

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, 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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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