

Nature's Bounty® Dual Spectrum Melatonin has taken sleep support to a new level.* Each bi-layer tablet features ISR Technology, a specialized delivery mechanism that provides the benefits of immediate and sustained release in one convenient tablet. Upon taking Dual Spectrum Melatonin, the initial release of Melatonin supports a relaxed mood to help promote restful sleep.* The sustained release component gives you an additional supply of Melatonin, releasing gradually in your body over an extended period of time.* Nature's Bounty® Dual Spectrum Melatonin is the advanced solution for occasional sleeplessness to achieve the tranquil rest you deserve.*

No Artificial 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.



Nutrition Questions or Comments?
Call 1-800-433-2990

Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and savings
join our e-newsletter, visit
www.NaturesBounty.com

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NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
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NATURE'S BOUNTY®

BI-LAYER

DUAL SPECTRUM MELATONIN 5mg

Fall Asleep Faster, Stay Asleep Longer*

WITH ISR TECHNOLOGY

Quick Release Layer

Extended Release Layer

TESTED FOR OPTIMUM PURITY & POTENCY

Clinically Studied Drug Free Ingredient

DUAL ACTION
TABLETS



60 BI-LAYER TABLETS

DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) tablet only at bedtime as Melatonin may produce drowsiness.

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, Triacetin, Vegetable Juice Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

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.

*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.