

Suggested usage: Dissolve before swallowing, 1 tablet per day prior to bedtime, or as directed by a health professional. Keep out of the reach of children.

Melatonin can help provide a more restful and natural sleep without any drowsy side-effects.*

Recommended by Dr. Michael Murray, one of the world's leading experts on natural medicine.

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no starch, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, salt, tree nuts, or GMOs. Suitable for vegetarians. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* 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.

PRODUCT OF CANADA

Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272



Recyclable container and label.

**Purity & Potency
Guaranteed**

Stress-Relax

Melatonin

1 mg

180 Chewable Tablets

RESETS SLEEP-WAKE CYCLE*



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	
Melatonin	1 mg**

** Daily Value not established.

Other ingredients: Lactose (from milk), microcrystalline cellulose, natural peppermint flavor, croscarmellose sodium, magnesium stearate (vegetable grade).

