

Seeking a sleep promoter?
Country Life's melatonin mimics that
which is naturally produced in the body.** The
Rapid Release Delivery System allows the tablets to
dissolve within minutes. Available in 1 and 3 mg strengths.

**** 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.**

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS
WIND POWER
YES KOSHER

NO YEAST, WHEAT OR CORN
NO SOY, MILK OR SUGAR
NO PRESERVATIVES
NO ARTIFICIAL COLORS,
FLAVORS OR SWEETENERS
NO GMOs

Lot No:

Best by:



This product
has been
manufactured
at a GMP
Registered
facility.

ESTABLISHED
— 1971 —
**Country
Life**

MELATONIN

1 mg

Certified Gluten-Free

- Promotes optimal sleep**
- Lower dose sleep promoter**
- With Rapid Release Delivery System

Dietary
Supplement

60 Tablets

— Our PLEDGE of INTEGRITY —

AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take one (1)
tablet one half hour before bedtime. As a
reminder, discuss the supplements and medications
that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value
Melatonin	1 mg *

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, silica, magnesium stearate, vegetable glaze. **CAUTION:** Not for use by persons under the age of 18. Use only at bedtime. Do not take this product when driving a motor vehicle or operating heavy machinery. Consult your doctor before using this product if you are pregnant or nursing, have a medical condition, are taking medication or planning a surgery, or if you are experiencing long-term sleep difficulties. If any adverse reactions occur, stop taking the product and consult your doctor. Not recommended for consumption with alcoholic beverages. In case of accidental overdose, seek professional assistance. **Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.**

Manufactured by Country Life, LLC
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Product No. 1690