

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

Lot No:

NO YEAST, WHEAT OR CORN

NO SOY, MILK OR SUGAR

NO PRESERVATIVES

NO ARTIFICIAL COLORS,
FLAVORS OR SWEETENERS

NO GMOs



This product
has been
manufactured
at a GMP
Registered
facility.

Best by:



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ESTABLISHED
— 1971 —
**Country
Life**

MELATONIN

1 mg

Certified Gluten-Free

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

Dietary
Supplement

120 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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CountryLifeVitamins.com
Product No. 1691