

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	NO YEAST, WHEAT OR CORN
YES CERTIFIED VEGAN BY THE AVA	NO SOY, MILK OR SALT
YES RECYCLABLE PACKAGING	NO SUGAR OR PRESERVATIVES
YES MANUFACTURING SUPPORTS WIND POWER	NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
YES KOSHER	NO GMOs

This product has been manufactured at a GMP Registered facility.
Lot No:

Best by:



MELATONIN

3 mg

Certified Gluten-Free

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

Dietary
Supplement

90 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	3 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. 1689