

Melatonin 20 mg

Melatonin, at 20 mg per capsule. Melatonin's main function in the body is to support sleep.*

Suggested Use

As a dietary supplement, 1 capsule 30 minutes before bedtime, or as directed by a healthcare practitioner.

WARNING: Melatonin may have a strong sedating effect within 20 minutes of consumption. Not to be used during the day time. Not recommended for women who are pregnant, wishing to get pregnant, or breastfeeding; for children or adolescents; or for those with a prior history of seizures. Do not use while operating a motor vehicle or other machinery. In rare cases it may stimulate seasonal affective disorder, depression, or have stimulatory effects.



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dietary supplement
HYPOALLERGENIC
60 vegetarian capsules

Supplement Facts		
Serving Size	1 Capsule	
Servings Per Container	60	
Amount Per Serving	% Daily Value	
Melatonin	20 mg	*
*Daily Value not established.		

Other Ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

Keep in a cool, dry place, tightly capped. Rev. 005

Formulated exclusively for
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*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.