

Melatonin 3 mg

Melatonin's main function in the body is to support sleep.*

Suggested Use

As a dietary supplement, 1 or 2 tablets one hour before bedtime, or as directed by a healthcare practitioner.

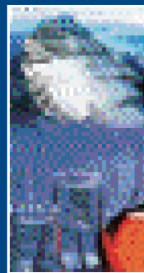
WARNING: Melatonin may have a strong sedating effect within 20 minutes of consumption. Not to be used during the day time. Not recommended for women who are pregnant, wishing to get pregnant, or breastfeeding; for children or adolescents; or for those with a prior history of seizures. Do not use while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



Rev. 004

AllergyResearchGroup®

Melatonin 3 mg



dietary supplement
HYPOALLERGENIC
120 tablets

Supplement Facts

Serving Size	2 Tablets
Servings Per Container	60

Amount Per Serving	% Daily Value
Melatonin	6 mg *

*Daily Value not established.

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, magnesium stearate, silicon dioxide.

Keep in a cool, dry place, tightly capped.

*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.

Formulated exclusively for Allergy Research Group®
Alameda, CA 94502 www.allergyresearchgroup.com
Phone: 510.263.2000