



Warning: If you are pregnant, nursing, taking medication (especially MAO inhibitors, immunosuppressant drugs, anticoagulation therapy or antihypertensive medication), or have a medical condition (including autoimmune, seizure, psychiatric or depressive disorders), or if you are experiencing long term sleep difficulties, consult your healthcare practitioner before use. Not to be administered to children unless directed by your healthcare professional. Long-term use of melatonin has not been studied. This product may cause drowsiness. Do not use before or while operating a motor vehicle or heavy machinery.

Suggested Usage: As a dietary supplement, adults take 1 tablet 1 hour before bedtime as needed, or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

MEL-CR
V2

Melatonin

Controlled-Release

2 mg

A Dietary Supplement



60 Tablets

Supplement Facts

Serving Size 1 tablet

Servings Per Container 60

Amount Per Serving	%DV
Melatonin	2 mg *

*Daily Value not established.

Other ingredients: Microcrystalline cellulose, vegetable stearine, methylcellulose, silica and magnesium stearate.

Manufactured by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.4440