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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.

This product contains NO yeast, wheat, gluten, soy, milk/dairy, corn, sodium, sugar, starch, artificial coloring, artificial preservatives, artificial flavoring, or genetically modified ingredients (GMOs).

Suggested Usage: As a dietary supplement, adults take 1 capsule one 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
V2

Melatonin

3 mg

A Dietary Supplement



60 Capsules

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	%DV
Melatonin	3 mg *

*Daily Value not established.

Other ingredients: Gelatin (capsule), cellulose and magnesium stearate.

Manufactured by:
Douglas Laboratories
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