



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 ½ to 1 tablet 30 minutes before bedtime as needed, or as directed by your healthcare professional. Allow tablet to dissolve in mouth and then swallow.

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-S
V2

Melatonin

1 mg

A Dietary Supplement



60 Tablets

Supplement Facts

Serving Size 1 bisected tablet
Servings Per Container 60

Amount Per Serving	%DV
Melatonin.....1 mg	*

*Daily Value not established.

Other ingredients: Cellulose, mannitol, xylitol, vegetable stearate, silica and vanilla flavor.

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