

Suggested Usage: Take 1 capsule near bedtime with water.

Melatonin is a potent free radical scavenger naturally produced in the pineal gland and present in high amounts in the gastrointestinal tract.* It is involved in many of the body, brain and glandular biological functions including regulation of normal sleep/wake cycles, regulation of the immune system and maintenance of a healthy gastrointestinal lining.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Caution: For adults only. May cause drowsiness. Do not operate a vehicle or heavy machinery following consumption of melatonin. Consult physician if pregnant/nursing, taking medication (especially sedatives and anti-depressants), or have a medical condition (including depression, high blood pressure and epilepsy). Keep out of reach of children. Natural color variation may occur in this product.

CAPSULE SIZE

CODE 3555 V2



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Melatonin

5 mg

Healthy Sleep Cycle*

- Free Radical Scavenger*
- Gastrointestinal Support*

60 Veg Capsules



A Dietary Supplement

Vegetarian/Vegan



General Health

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

Melatonin	5 mg*
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* Daily Value not established.

Other ingredients: Cellulose, Vegetable Polysaccharide (capsule) and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening.
Please Recycle.

