

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.*

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.

CAPSULE SIZE

CODE 3556 V3



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Melatonin

5 mg

Healthy Sleep Cycle*

- Free Radical Scavenger*
- Gastrointestinal Support*

180 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.
Bloomington, IL 60108, USA nowfoods.com

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.

*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.

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

