

Suggested Usage: Take 1 tablet about 1 hour before bedtime with juice or water.

Melatonin is a potent free radical scavenger naturally produced in the pineal gland.* It is involved in many of the regulatory processes of the body, including regulation of glandular secretory functions related to the maintenance of normal sleep/wake cycles and aspects of immune system function.*

Melatonin is also produced in the GI tract, where it is essential for the 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, immunosuppressants or anticoagulants), or have a medical condition (including diabetes, auto-immune conditions, depressive disorders, cardiovascular conditions and epilepsy). Keep out of reach of children.

CODE 3262 V3

TABLET
SIZE



7 33739 03262 1



Melatonin

1 mg

Healthy Sleep Cycle*

- Two Stage Release
- With Co-Factor Nutrients

100 Tablets

A Dietary Supplement Vegetarian/Vegan



General Health

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (from Pyridoxine HCl)	5 mg	250%
Magnesium (from Magnesium Citrate)	40 mg	10%
Melatonin	1 mg	†

† Daily Value not established.

Other ingredients: Calcium Carbonate, Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Vegetarian Coating.

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.

Natural color variation may occur in this product.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place after opening.

Please Recycle.

