

SUGGESTED USE: Take 1 tablet 30-60 minutes before bedtime.

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18 OR WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING. MAY CAUSE EXCESS DROWSINESS. DO NOT EXCEED RECOMMENDED DOSAGE OR TAKE THIS PRODUCT LESS THAN 5 HOURS BEFORE DRIVING A MOTOR VEHICLE OR OPERATING MACHINERY.

TRUE STRENGTH®
WWW.OPTIMUMNUTRITION.COM



MELATONIN

3 MG | SUPPORTS SLEEP*

100
TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 100

	Amount Per Serving	% Daily Value
Calcium	72 mg	7%
Phosphorus	55 mg	6%
Melatonin	3 mg	†

† Daily Value not established

OTHER INGREDIENTS: Dicalcium Phosphate, Lactose, Stearic Acid, Pharmaceutical Glaze, Magnesium Stearate, Croscarmellose Sodium (disintegrant), Silica.
ALLERGEN INFORMATION: Contains Milk Ingredients.

MANUFACTURED BY  **OPTIMUM NUTRITION** 975 Meridian Lake Dr.
Aurora, IL 60504

*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.
Intended for use in healthy adults and as part of a healthy, balanced diet and exercise program.



FPO UPC



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V.1.007.0115US
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MANUFACTURED IN THE USA
This product contains ingredients
of international and domestic origin 