

Melatonin is naturally produced in the body to regulate sleep, a necessary physiological process required for the body and brain to function normally. Certain individuals, such as shift workers, persons experiencing jet lag, or the elderly, may produce less melatonin or produce melatonin at incorrect times. **Doctor's Best Melatonin** helps restore regular sleep cycles and enhances overall sleep.*

Helps promote healthy sleep cycles and enhances sleep quality*

Helps support maintenance of a healthy circadian rhythm*

Helps support cognitive function and brain health*

Enhances recovery from jet lag*

*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.

Manufactured for **Doctor's Best, Inc.**
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Doctor's
BEST®

**Science-Based
Nutrition™**

Melatonin

Natural Mint Flavor

**HELPS PROMOTE HEALTHY SLEEP CYCLES
AND ENHANCES SLEEP QUALITY***



**Dietary
Supplement**

5 mg/120 Chewable Tablets

Vegan

Supplement Facts

Serving Size 1 chewable tablet Servings per container 120 servings

Amount per serving % Daily Value		
Melatonin	5 mg	†

† Daily Value not established.

Other Ingredients: Mannitol, modified starch, natural mint flavors, magnesium stearate (vegetable source), silicon dioxide.

Suggested Adult Use: Chew 1 tablet, one hour before bedtime or as recommended by a nutritionally-informed physician.

Caution: USE ONLY AT BEDTIME. Not for use by children, teenagers, or pregnant or breastfeeding women. If you are under medical supervision, consult your physician before taking this product. Do not drive or operate machinery when taking melatonin.

Non-GMO / Gluten Free / Vegan

Store in a cool dry place.



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