

Scan for  
product info

Read the entire label and follow the directions carefully prior to use.

**DIRECTIONS:** Take one (1) tablet 30 to 60 minutes before bedtime, or as recommended by a healthcare practitioner. Melatonin is naturally secreted from the pineal gland at night, and should be taken at night for optimal results.

**CAUTION:** Consult your healthcare provider before taking this product if you are being treated for a medical condition (especially autoimmune or depressive disorders). Use caution if combining with alcohol. This product is not intended for children, pregnant or lactating women, or women trying to become pregnant. Do not attempt to drive or operate heavy machinery after taking this product.

#### WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.

\*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.



QE01786C

# LifeExtension®

## Melatonin

### 6 Hour Timed Release

### 3 mg



### Promotes Optimal Sleep\*

Dietary  
Supplement

60 Vegetarian  
Tablets

### Supplement Facts

Serving Size 1 Vegetarian Tablet

| Amount Per Serving | % Daily Value |
|--------------------|---------------|
| Melatonin          | 3 mg **       |

\*\*Daily Value not established.

**Other ingredients:** microcrystalline cellulose, hydroxypropyl methylcellulose, hydroxypropyl-cellulose, aqueous film coating (purified water, hydroxypropyl methylcellulose, glycerin), stearic acid, vegetable stearate, croscarmellose sodium, silica.

Non-GMO

Manufactured for:  
**Quality Supplements and Vitamins, Inc.**  
Ft. Lauderdale, Florida 33309  
LifeExtension.com

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

Store tightly closed in a cool, dry place.