

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

DIRECTIONS: Take one (1) mL 30 to 60 minutes before bedtime, or as recommended by a healthcare practitioner. 1 mL is equivalent to approximately 20 drops.

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.



LifeExtension®

Fast-Acting Liquid Melatonin

Natural Citrus-Vanilla Flavor



Promotes Optimal Sleep*

Dietary
Supplement

Net Wt. 2 Fl. Oz.
(59 mL)

QE01734B

Supplement Facts

Serving Size 1 mL • Servings Per Container About 59

Amount Per Serving	% Daily Value
Melatonin	3 mg **

**Daily Value not established.

Other ingredients: glycerin, purified water, natural citrus and vanilla flavors, citric acid.

Manufactured for:
Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, Florida 33309
info@lifeextension.com • www.lef.org
To report a serious adverse event or obtain product
information, contact 1-866-280-2852.

Store tightly closed in a cool, dry place.