

OVER 40 YEARS OF TRUSTED QUALITY

At Nature's Bounty, we are committed to your health. For over 40 years we have been making trusted products, backed by science, and made with only the purest ingredients...guaranteed. So you can get the most out of life every day.

- ✓ 100% Drug Free
- ✓ Clinically Studied
- ✓ Guaranteed Quality
- ✓ Laboratory Tested

Nature's Bounty® Dual Spectrum Melatonin has taken sleep support to a new level for anyone experiencing occasional sleeplessness.* Each bi-layer tablet features ISR Technology, a specialized delivery mechanism that provides the benefits of immediate and sustained release in one convenient tablet.

Non-GMO, No Artificial Flavor, No Artificial Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free. Suitable for Vegetarians.

📞 Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

Join our Loyalty Program at
NaturesBountyRewards.com

Prod. No. 53098 B53098 03C



DUAL SPECTRUM
Melatonin
5mg

Fall Asleep Faster,
Stay Asleep Longer*

BI-LAYER

Quick Release Layer

Extended Release Layer

60 Bi-Layer Tablets

DIETARY
SUPPLEMENT

DIRECTIONS: For adults, take one (1) tablet only at bedtime as Melatonin may produce drowsiness.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Melatonin	5 mg **

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose. **Contains <2% of:** Silica, Triacetin, Vegetable Juice Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

★ **Made In The USA** with select ingredients from around the world

*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.

Carefully Manufactured for
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
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