

# VALUE SIZE

# VALUE SIZE

# VALUE SIZE



## NATURALIST®

### Extra Strength

# Melatonin

## 5mg

### Supports Sound Sleep\*

**200 TABLETS**

Dietary Supplement



## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
Melatonin	5 mg **

\*\*Daily Value not established.

**Other Ingredients:** Dicalcium Phosphate, Cellulose (Plant Origin), Croscarmellose. **Contains <2% of:** Cellulose Coating, Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.

**Vegetarian Formula**

### IMPORTANT FACTS YOU SHOULD KNOW

Melatonin works in harmony with your natural sleep cycle to give you the tranquil rest you deserve, so you can awaken feeling refreshed.\* Inspired by the rhythm of life, Melatonin is a wonderful supplement for people experiencing occasional sleeplessness, those with jet lag, or those seeking to improve the quality of their rest.\*

**DIRECTIONS:** FOR ADULTS, TAKE ONE (1) TABLET AT BEDTIME AS MELATONIN MAY PRODUCE DROWSINESS.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium.

**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 AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

\*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.

Quality Guaranteed Lab Tested  
Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.

Manufactured by Rexall Sundown, Inc.  
Boca Raton, FL 33487 USA  
1-888-VITAHHELP (848-2435)

Prod. No.  
53131



00B B15745  
©2016

ACTUAL  
SIZE