



NATURALIST®

Time Release

Melatonin

5mg



**Supports Sound Sleep*
With B6 to help
Melatonin Production***

Dietary Supplement

120 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	500%
Melatonin	5 mg	**

**Daily Value not established.

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

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

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 and revitalized.* Melatonin may be appropriate for people experiencing occasional sleeplessness, those with jet lag, or anyone wanting to promote sound, quality sleep.*

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

Vegetarian Formula

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.
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