

As a naturally-occurring hormone, **Melatonin** is involved in setting our body's natural physiologic cycles. It assists the body to normalize sleep disruption, thereby helping alleviate the fatigue that often accompanies chronic lack of sleep. Our high quality source in a 1 mg dose offers flexibility in dosing. This natural peppermint-flavored lozenge uses xylitol (from birch tree) and sorbitol, two low calorie and natural sweeteners.†

Caution: Do not exceed recommended dosage. Use only at bedtime. Do not use if pregnant or nursing. Regular dosage for individuals of any age should be limited to two weeks; do not exceed 3 mg in any 24 hour period. If less than 40 years old, do not use regularly for any purpose except on advice of a health care practitioner. If you have diabetes, an autoimmune, endocrine, depressive, or seizure disorder, consult your health care practitioner before use. Do not drive or operate machinery while taking this product. Not intended for use by children under age 18.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0008

† 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.

 Natural Peppermint Flavor

MELATONIN 1 mg LOZENGE

Promotes Rest and Relaxation†

Dietary Supplement

60 VEGETARIAN LOZENGES



Supplement Facts

Serving Size 1 Lozenge

Servings Per Container 60

Amount Per Serving

% Daily Value

Melatonin

1 mg

*

*Daily Value not established.

Other Ingredients: Sorbitol, xylitol, cellulose, modified cellulose gum, stearic acid (vegetable source), silicon dioxide, citric acid, natural peppermint flavor and magnesium stearate (vegetable source).

SUGGESTED USE: As a dietary supplement, take one lozenge on an empty stomach 30 to 60 minutes before bedtime.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

KEEP OUT OF REACH OF CHILDREN.

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