

**Consumo Quotidiano Raccomandato:**

Prendere 1 compressa 30 minuti prima di coricarsi.

**Vorgeschlagene tägliche Einnahme:**

Nehmen Sie 1 Tablette 30 Minuten vor dem Schlafengehen ein.

**Dosis diaria recomendada:**

Tomar 1 comprimido 30 minutos antes de acostarse.

**Warning:** If you are under medical supervision or using any tranquilizers or sedatives, seek the advice of your health care professional prior to using. Consult your physician before using if you have an autoimmune condition, depressive disorder or are pregnant or lactating. Not for use by children under 12 years of age. Do not take when operating machinery or driving a vehicle. Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.

**Keep out of reach of children.**

Made in USA | Vegetarian Product



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NUTRACEUTICALS

**Melatonin 5mg**

**Time Release**

**Suggested Daily Intake:**

Take one tablet 30 minutes before bedtime.

**Dosage Journalier Recommandé:**

Prendre 1 comprimé 30 minutes avant le coucher.

**Dietary Supplement**

**100** Vegetarian Tablets

## Supplement Facts

**Serving Size:** 1 Vegetarian Tablet

**Servings per Container:** 100

Amount Per Serving	% Daily Value**	
Vitamin B <sub>6</sub> (from pyridoxine hydrochloride)	10 mg	500%
Melatonin	5 mg	*

\*Daily Value not established.

\*\*Percent Daily Values based on a 2,000 calorie diet.

**Other Ingredients:** Cellulose, dibasic calcium phosphate, hypromellose, stearic acid, magnesium stearate, silica, methylcellulose, glycerin.

No milk, egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, soybeans, yeast, corn, glutens, artificial colors or flavors, added sugar, starch or preservatives

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