

Melatonin exists naturally in the human body and is involved in setting mammalian circadian rhythms. By setting our "internal clock," supplemental melatonin may benefit those who have disruptive sleep for a variety of reasons.[†] Additionally, frequent travelers may find melatonin useful in helping to normalize sleep schedules. By promoting a more restful sleep, fatigue may also be reduced.[†] Our **Melatonin 10 mg** tablet is ideal for those looking for a high dosage option.

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. 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 1-888-710-0006

**† 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.**

MELATONIN 10 mg

Promotes Restful Sleep[†]
Dietary Supplement



60 VEGETARIAN TABLETS

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 60

Amount Per Serving	% Daily Value
Melatonin	10 mg *

* Daily Value not established.

OTHER INGREDIENTS: DICALCIUM PHOSPHATE, CELLULOSE (VEGETABLE SOURCE), CALCIUM STEARATE (VEGETABLE SOURCE), SILICA.

SUGGESTED USE: Take one tablet 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. VVL 460-60A

