

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 Plus 5 mg tablet is a higher dosage option that also provides vitamin B6, an important nutrient for the production of neurotransmitters that regulate sleep patterns.[†] Calcium plays a key role in the biosynthesis of melatonin, particularly in the retina and pineal gland, where melatonin exerts its action at numerous target sites.

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.**

Fast Release
MELATONIN PLUS
5 mg

Promotes Rest and Relaxation[†]
Dietary Supplement



50 VEGETARIAN TABLETS

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 50

Amount Per Serving	% Daily Value	
Vitamin B6 (Pyridoxine HCl)	1 mg	50%
Calcium (Calcium phosphate)	50 mg	5%
Melatonin	5 mg	*

* Daily Value not established

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

SUGGESTED USE: Take one tablet 15 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 419-50A

