

SUGGESTED USAGE: Take 1 lozenge prior to bedtime, or as directed by your healthcare practitioner.

HOW IT WORKS: Melatonin is a potent free radical scavenger naturally produced in the pineal gland.* It is involved in many of the regulatory processes of the body, including regulation of glandular secretory functions related to the maintenance of normal sleep/wake cycles and aspects of immune system function.* Supplemental Melatonin has been shown to support healthy sleep patterns especially when travelling across time zones or for shift workers.*

CAUTIONS/INTERACTIONS: May cause drowsiness. Do not operate a vehicle or heavy machinery following consumption of melatonin. Consult physician if pregnant/nursing, taking medication especially sedatives, immunosuppressants or anticoagulants, or have a medical condition including diabetes, auto-immune conditions, depressive disorders, cardiovascular conditions and epilepsy. Melatonin may interact with supplements such as St. John's Wort and 5-HTP.

PROTOCOL
FOR LIFE BALANCE®

Melatonin

3 mg

- Healthy Sleep Cycle*
- With 3 mg Vitamin B₆
- Chewable, Fast Absorption*

120 Lozenges

A Dietary Supplement Vegetarian/Vegan



Supplement Facts

Serving Size 1 Lozenge

	Amount Per Serving	% Daily Value
Vitamin B ₆ (from Pyridoxine HCl)	3 mg	150%
Melatonin	3 mg	†

† Daily Value not established.

Other ingredients: Fructose, Cellulose, Stearic Acid (vegetable source), Mannitol, Natural Peppermint Flavor, Sorbitol and Magnesium Stearate (vegetable source).

Protocol For Life Balance®, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA protocolforlife.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

*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.

CODE
P3258

V4



Do Not Eat Freshness Packet. Keep in Bottle.
Natural color variation may occur in this product.