

SUGGESTED USAGE: Take 1 capsule 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 and the GI tract.* 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, maintenance of GI health, 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.

Natural color variation may occur in this product.

*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.

PROTOCOL
FOR LIFE BALANCE®

Extra Strength Melatonin 10 mg

- Healthy Sleep Cycle*
- Supports Gastrointestinal Health*

100 Veg Capsules



A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving

Melatonin	10 mg*
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* Daily Value not established.

Other ingredients: Cellulose Powder, Cellulose (capsule) and Stearic Acid (vegetable source).

Protocol For Life Balance®, 395 S. Glen Ellyn Rd.
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Not manufactured with wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This Extra Strength Melatonin 10 mg has over three times the Melatonin as in our 3 mg product.

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