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This product contains NO yeast, wheat, gluten, soy, milk/dairy, corn, sodium, sugar, starch, artificial coloring, artificial preservatives or genetically modified organisms (GMOs).

Suggested Usage: As a dietary supplement, adults take 1 tablet 1 hour before bedtime as directed by your healthcare professional only.

Warning:

Not to be taken by pregnant or lactating women. If you are taking MAO inhibitors, immunosuppressant drugs, anticoagulation therapy, or antihypertensive medication, or have an autoimmune, seizure, psychiatric or depressive disorder consult your healthcare professional before using this product. Long-term use of melatonin has not been studied. May cause drowsiness. Do not use before or while operating a motor vehicle or heavy machinery.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #83199

Melatonin P.R.

3 mg Prolonged-Release Bisected Tablets

A Dietary Supplement



180 Tablets

Supplement Facts

Serving Size 1 tablet

Servings Per Container 180

Amount Per Serving	%DV
Melatonin	3.0 mg *

*Daily Value not established.

Other ingredients: Dicalcium phosphate, cellulose, silica and vegetable stearate.

In a proprietary designed polymeric base formulated to release over an average of a 6 to 8 hour period.

Manufactured by:

Douglas Laboratories

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