

**Suggested Usage:** Take 1 lozenge just prior to bedtime as needed. Chew lozenge or hold in mouth until dissolved and swallow.

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.\*

\*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.

**Caution:** For adults only. 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). Keep out of reach of children.

CODE 3258 V4



# Melatonin

## 3 mg

Healthy Sleep Cycle\*

- Chewable
  - Fast Absorption\*
- ### 90 Lozenges

A Dietary Supplement    Vegetarian/Vegan

General Health

Family owned since 1968.

## Supplement Facts

Serving Size 1 Lozenge

	Amount Per Serving	% Daily Value
Vitamin B-6 (from Pyridoxine HCl)	3 mg	176%
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).

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA    nowfoods.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.

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

