

Suggested Usage: Take 1 tablet about 1 hour before bedtime with juice or water.

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.* Melatonin is also produced in the GI tract, where it is essential for the maintenance of a healthy gastrointestinal lining.*

*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 3262 V4



100 Tablets
A Dietary Supplement Vegetarian/Vegan



Melatonin

1 mg

Healthy Sleep Cycle*

- Two Stage Release
- With Co-Factor Nutrients

General Health

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Niacin (as Niacinamide)	100 mg	625%
Vitamin B-6 (from Pyridoxine HCl)	5 mg	294%
Magnesium (from Magnesium Citrate)	40 mg	10%
Melatonin	1 mg	†

† Daily Value not established.

Other ingredients: Calcium Carbonate, Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Vegetarian Coating.

NOW FOODS, 395 S. Glen Ellyn Rd.
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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.

Natural color variation may occur in this product.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place after opening.

Please Recycle.

