

Suggested Usage: Take 1 capsule near bedtime with water.

Melatonin is a potent free radical scavenger naturally produced in the pineal gland and present in high amounts in the gastrointestinal tract.* It is involved in many of the body, brain and glandular biological functions including regulation of normal sleep/wake cycles, regulation of the immune system and maintenance of a healthy gastrointestinal lining.*

Caution: For adults only at bedtime. Not for pregnant or nursing women. May cause drowsiness. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery. Consult physician if taking medication (especially sedatives and anti-depressants) or have a medical condition (including depression, high blood pressure and epilepsy). Keep out of reach of children.

Natural color variation may occur in this product.

Please Recycle.

CAPSULE SIZE

CODE 3557 V3



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Extra Strength Melatonin 10 mg

Healthy Sleep Cycle*

- Free Radical Scavenger*
- Gastrointestinal Support*

100 Veg Capsules



A Dietary Supplement Vegetarian/Vegan

General Health

Family owned since 1968.

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).

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

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.

NOW® Extra Strength Melatonin 10 mg has twice the Melatonin as in our 5 mg product.

Store in a cool, dry place after opening.

*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.

