

Solgar® Melatonin 3 mg Nuggets are a terrific choice for people experiencing occasional sleeplessness, those with jet lag or anyone wanting to promote sound, quality sleep.* This product works with your natural sleep cycle to give you the tranquil rest you deserve, so you can awaken feeling refreshed and revitalized.*

*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.

Carefully Manufactured by:
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Since 1947

MELATONIN 3 MG

CLINICALLY STUDIED
INGREDIENT

HELPS PROMOTE RELAXATION & SLEEP*

Non-GMO

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



120 NUGGETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Nugget

Amount Per Serving

Melatonin	3 mg**
(as N-Acetyl-5-Methoxytryptamine)	

**Daily Value not established

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Vegetable Magnesium Stearate.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) nugget at bedtime as Melatonin may produce drowsiness, or as directed by a healthcare practitioner.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before use. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

