

Directions: Take 1 tablet daily as needed, before bedtime as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light and moisture.
Store in a cool, dry place.

MADE IN THE U.S.A.

† 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.



NO SUGAR, STARCH, CORN, WHEAT, MILK, SOY,
ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES

FOODS PLUS.

Since 1962

Melatonin

3 mg

PRESERVATIVE FREE
NON GMO
GLUTEN-FREE

fast acting formula

helps support sleep cycle†

60
TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	% Daily Value
Melatonin	3 mg	*

*Daily value not established.

Other Ingredients: Dicalcium phosphata, microcrystalline cellulose, croscarmellose sodium, stearic acid, silica and magnesium stearate.

Melatonin may cause drowsiness if taken during the day. Do not take if you have an auto immune disorder. If you are taking any medications, discuss taking melatonin with your physician prior to taking this product. Do not take if you are pregnant or lactating.

Distributed by: Foods Plus®
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