

**Directions:** Take 1 tablet 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, YEAST, WHEAT, SOY,  
ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES

**FOODS PLUS.**

*Since 1962*

# Melatonin

## 5 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	% DV
Melatonin	5 mg	*

\*Daily value (DV) not established.

**Other Ingredients:** Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, silica and pharmaceutical glaze.

**WARNING:** Discuss with your health care practitioner prior to using if you are under medical supervision, have asthma, or are using any tranquilizers or sedatives. Consult your physician before using if you have an autoimmune condition, depressive disorder, or are pregnant or lactating.

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10 Henderson Drive, West Caldwell, New Jersey 07006