

SUGGESTED USAGE: Take 1 lozenge prior to bedtime, or as directed by your healthcare practitioner.

HOW IT WORKS: 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.* Supplemental Melatonin has been shown to support healthy sleep patterns especially when travelling across time zones or for shift workers.*

CAUTIONS/INTERACTIONS: 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. Melatonin may interact with supplements such as St. John's Wort and 5-HTP.

Do Not Eat Freshness Packet. Keep in Bottle.

CODE
P3258
V5



PROTOCOL
FOR LIFE BALANCE®

Melatonin

3 mg

- Healthy Sleep Cycle*
- Chewable, Fast Absorption*

120 Lozenges

A Dietary Supplement Vegetarian/Vegan

Supplement Facts

Serving Size 1 Lozenge

	Amount Per Serving	% Daily Value
Vitamin B ₆ (from Pyridoxine HCl)	3 mg	176%
Melatonin	3 mg	†

† Daily Value not established.

Other ingredients: Fructose, Cellulose, Stearic Acid (vegetable source), Mannitol, Natural Peppermint Flavor, Sorbitol and Magnesium Stearate (vegetable source).

Protocol For Life Balance®, 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.

*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.