

Swanson ULTRA®

The Most Advanced Nutrition Technology

CAPSULES

Triple Strength Melatonin

Dietary Supplement

60 CAPSULES • 10 mg



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one capsule with water one-half hour before bedtime.

WARNING: As melatonin may produce drowsiness, do not drive an automobile or operate heavy equipment after taking. Do not take this product if you are pregnant or nursing, have an autoimmune condition or a depressive disorder, or are under 16 years of age.

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Melatonin	10 mg	*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose (plant fiber), gelatin, may contain one or both of the following: magnesium stearate, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

PO Box 2803 • Fargo, ND 58108 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



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