

SAFETY SEALED. DO NOT USE IF
PRINTED SEAL UNDER CAP IS
CUT, TORN, OR MISSING.

exchange
select™

QUICK DISSOLVE
CHERRY FLAVOR

MELATONIN
5 mg

 **TARGETED HEALTH***

• SUPPORTS HEALTHY
SLEEP/WAKE PATTERNS*

60 TABLETS
DIETARY SUPPLEMENT

quality
value



*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.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
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Melatonin 5 mg	**
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**Daily Value not established.

INGREDIENTS: Mannitol, Microcrystalline Cellulose, Croscopovidone, Stearic Acid. Contains 2% or less of FD&C red no. 40 lake, FD&C yellow no. 6 lake, gum arabic, magnesium stearate, maltodextrin, melatonin, monoammonium glycyrrhizinate, natural cherry flavor, silicon dioxide, sucralose, triacetin.

Manufactured for:
Your Military Exchanges By:
International Vitamin Corporation
Freehold, NJ 07728
1-866-927-5470

Directions: Adults - Dissolve one tablet daily under tongue for 30 seconds, then swallow. Use just prior to or at bedtime.

Keep out of the reach of children.
Store at 15° - 30° C (59° - 86° F).

NO ARTIFICIAL FLAVORS • NO GLUTEN •
NO LACTOSE

Melatonin is a naturally occurring compound that is produced by the body. It has been associated with natural body rhythms and sleep/wake patterns.*

Warning: Take at bedtime only. Melatonin can induce drowsiness and sleep. Pregnant or nursing women, individuals taking sedatives or other medication(s), or persons who have a health condition or are experiencing long-term sleep difficulties should consult their physician before using this product. Do not use alcohol, drive a vehicle or operate machinery while taking this product. Do not use prior to surgery.

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**"SATISFACTION GUARANTEED
OR YOUR MONEY BACK."**

FRESHNESS AND POTENCY GUARANTEED THROUGH:

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