

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

exchange  
select 

TIMED RELEASE  
**MELATONIN**  
**10 mg**  
WITH VITAMIN B<sub>6</sub>

 **TARGETED HEALTH\***

• SUPPORTS HEALTHY  
SLEEP/WAKE PATTERNS\*

120 TABLETS  
DIETARY SUPPLEMENT

quality  
value

## Supplement Facts

Serving Size 1 Tablet

| Amount Per Serving           | % Daily Value |
|------------------------------|---------------|
| Vitamin B <sub>6</sub> 10 mg | 500%          |
| Melatonin 10 mg              | **            |

\*\*Daily Value not established.

**INGREDIENTS:** Dicalcium Phosphate, Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Pyridoxine Hydrochloride, Melatonin, Stearic Acid. Contains 2% or less of carnauba wax, magnesium stearate, polyethylene glycol, silicon dioxide, sodium chloride.

**Directions:** Adults - Take one tablet just prior to or at bedtime as a dietary supplement.

Keep out of the reach of children.

Store at 15° - 30° C (59° - 86° F).

NO ARTIFICIAL COLORS OR FLAVORS  
NO GLUTEN • NO LACTOSE • NO TRANS FAT

Melatonin is a naturally occurring compound that is produced by the body. It has been associated with natural body rhythms and sleep/wake patterns. Vitamin B<sub>6</sub> helps support melatonin for healthy sleep.\*

**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 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.

\*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.

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

Manufactured for:  
Your Military Exchanges By:  
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FRESHNESS AND POTENCY GUARANTEED THROUGH:

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518610  
USA646937

