

USAGE: Take 1 or 1/2 tablet 20 to 30 minutes prior to bedtime or as directed by your qualified health care consultant.

WARNING: Do not drive or operate machinery immediately following use of this product.

NOTE: If you have a medical condition (especially asthma, MS, lymphoma, leukemia, diabetes, epilepsy, or autoimmune disease), are pregnant, lactating, trying to conceive, under the age of 18, or taking medications (especially MAO inhibitors such as iproniazid), consult your health care practitioner before using this product.

Melatonin is a hormone secreted by the pineal gland that aids biorhythm regulation.* Biorhythm is disturbed by stress, crossing time zones and changing work shifts.* Melatonin production also declines with age.* Vitamin B₆ aids melatonin metabolism.*

Keep out of the reach of children.

* 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.

Lot #. Best Used Before:



Jarrow FORMULAS®

Melatonin Sustain®

Sustained

Release

Melatonin, B₆

60 SUSTAIN™ Tablets
Dietary Supplement

Supplement Facts

Serving Size 1 Tablet Servings Per Container 60

	Amount Per Serving	% DV
Vitamin B ₆ (as pyridoxine HCl)	2 mg	100%
Melatonin	1 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, polyacrylate polymer, dicalcium phosphate, hydroxypropylmethylcellulose, stearic acid (vegetable source), magnesium stearate (vegetable source) and silicon dioxide.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Suitable for vegetarians/vegans. 11311MSS PROD # 115011

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and FormulationSM

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