



melatonin

sustained release

3mg

sleep^v
antioxidant^v

specialty
120 tablets
dietary supplement

gluten
free

dairy
free

soy
free

nut
free



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Calcium (as dicalcium phosphate)	45 mg	4%
Melatonin	3 mg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, methylcellulose, stearic acid, magnesium stearate, purified water, hydroxypropyl methylcellulose, polyethylene glycol.

Does not contain: Corn, Wheat, Gluten, Sugar, Salt, Soy, Starch, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

v 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.

DIRECTIONS: As a dietary supplement, take one (1) tablet daily, prior to bedtime as needed, or as directed.

WARNING: Consult your physician prior to use if you are pregnant, nursing or being treated for depression. Do not drive or operate heavy machinery while using this product. Not intended for children under 12.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

Distributed by: Vitamin Shoppe, Inc.
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