

Solgar® Melatonin 3 mg Nuggets are a terrific choice for people experiencing occasional sleeplessness, those with jet lag or anyone wanting to promote sound, quality sleep.* This product works with your natural sleep cycle to give you the tranquil rest you deserve, so you can awaken feeling refreshed and revitalized.*

Carefully Manufactured by:
Solgar, Inc.
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MELATONIN 3 MG

CLINICALLY STUDIED
INGREDIENT

HELPS PROMOTE RELAXATION & SLEEP*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS

60 NUGGETS

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Nugget

Amount Per Serving

Melatonin	3 mg**
(as N-Acetyl-5-Methoxytryptamine)	

**Daily Value not established

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Stearic Acid, Vegetable Magnesium Stearate.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

*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.

SUGGESTED USE: As a dietary supplement for adults, take one (1) nugget at bedtime as Melatonin may produce drowsiness, or as directed by a healthcare practitioner.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your healthcare practitioner before use. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Limit use to two months with a break of one week. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

