

This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 1 tablet 30 minutes before bedtime or as directed by your healthcare professional only. Allow tablet to dissolve in mouth or with water or juice and then swallow.

Warning: Not to be taken by individuals under the age of 18. If you are pregnant, nursing, taking any prescription medication (especially hormone replacement therapy), or have an autoimmune or depressive disorder consult your healthcare professional before using this product. Long-term use of melatonin has not been studied. Use of this product could cause hypothermia. Do not use before or while operating a motor vehicle or heavy machinery.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #81322 / 2274099



Melatonin
3 mg

A Dietary Supplement
60 Tablets

Supplement Facts

Serving Size 1 tablet
Servings Per Container 60

Amount Per Serving	%DV
Melatonin.....	3 mg *

*Daily Value not established.

Other ingredients: Cellulose, fructose, dicalcium phosphate and vegetable stearate.

Manufactured for:
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