

**Contains No** sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

**Suggested Use:** As a dietary supplement, adults take one (1) tablet twenty (20) minutes before bedtime or, as directed by a health care professional. Do not exceed one (1) tablet per twenty-four (24) hours. Store in a cool, dry place and away from direct light. Suitable for vegetarians.

See warning statement on opposite panel.

**KEEP OUT OF REACH OF CHILDREN.**

# Melatonin

## 5 mg

**SUPPORTS SLEEP†**

*Dietary Supplement*  
120 Tablets

### SUPPLEMENT FACTS

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin B-6 (as pyridoxine HCl)	10 mg	588%
Melatonin	5 mg	*

\*Daily Value not established

**Other Ingredients:** Dicalcium phosphate, cellulose, cellulose gum, stearic acid, magnesium stearate and silica.

**WARNING: USE ONLY AT BEDTIME.** Not for use by children under 18 years. If pregnant or using a prescription drug, consult a health care professional. Do not take this product if you suffer from an autoimmune disease, depression, diabetes, endocrine disorder or thyroid condition. Do not use this product while operating a motorized vehicle or heavy machinery.

† **This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

