This product contains NO yeast, wheat, gluten, soy, milk/dairy, corn, sodium, starch, artificial coloring, artificial preservatives or genetically modified organisms (GMOs).

**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 and then swallow.

**Warning:** If you are pregnant, nursing, taking medication (especially MAO inhibitors, immunosuppressant drugs, anticoagulation therapy or antihypertensive medication), or have a medical condition (including autoimmune, seizure, psychiatric or depressive disorders), or if you are experiencing long term sleep difficulties, consult your healthcare practitioner before use. Not to be administered to children unless directed by your healthcare professional. Long-term use of melatonin has not been studied. This product may cause drowsiness. Do not use before or while operating a motor vehicle or heavy machinery.

**KEEPOUT 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**

**Manufactured by:**
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.4440

**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 Tablet</th>
<th>Servings Per Container 60</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td>%DV</td>
</tr>
<tr>
<td>Melatonin.................3 mg *</td>
<td></td>
</tr>
</tbody>
</table>

*Daily Value not established.

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

**60 Tablets**

**Douglas Laboratories**

**V2**