

**Suggested use:** As a dietary supplement, take 1 capsule 1/2 to 1 hour before bedtime or as directed by your healthcare professional.

This product contains NO yeast, wheat, gluten, soy, milk/dairy, artificial coloring, artificial preservatives, artificial flavoring, or genetically modified ingredients (GMOs).

**WARNING:** Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

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 #202274

# Melatonin 3 mg

A Dietary Supplement



60 Capsules

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

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

\*Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule).

Manufactured for:  
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