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#1 PHARMACIST RECOMMENDED VITAMIN & SUPPLEMENT BRAND*



Melatonin

MAXIMUM STRENGTH†

10 mg

100% Drug Free
Fast-acting to help
you fall asleep†

70 TABLETS

**Supports
restful sleep†**

Dietary Supplement

†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: Adults, take 1 tablet one hour before bedtime with water. Do not exceed 1 tablet daily.

Keep out of reach of children. Store tightly closed, in a cool, dry place.

Do not use if seal under cap is broken or missing.

WARNING: Consult your physician prior to use if you are pregnant, attempting to become pregnant, nursing, taking any medications, or have any chronic medical conditions. Avoid use of alcohol, sedatives, and tranquilizers while taking this product. Do not drive or operate machinery within eight hours of taking this product or if you feel groggy. For intermittent or occasional use only; consult your physician if you continue to

experience sleep difficulties. Use as directed for occasional sleeplessness and do not exceed the suggested dose. Not intended for individuals under the age of 18 years. Melatonin should not be a substitute for a good bedtime routine.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
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Calcium (as Dibasic Calcium Phosphate) 47 mg	4%
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Melatonin 10 mg	*
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*Daily Value not established.

DISTRIBUTED BY: Nature Made Nutritional Products

West Hills, CA 91309-9903, USA 1-800-276-2878 • www.NatureMade.com

Tableted and quality tested in the USA. Made to our guaranteed purity and potency standards.

★Based on a survey of pharmacists who recommend branded vitamins and supplements.

- ✓ No Color Added
- ✓ No Artificial Flavors
- ✓ No Preservatives
- ✓ Gluten Free

**OTHER
INGREDIENTS:**
Cellulose Gel,
Magnesium Stearate.

Lot:
Exp.:



†Compared to Nature Made® Melatonin Tablets