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#1 PHARMACIST RECOMMENDED VITAMIN & SUPPLEMENT BRAND*



Melatonin

3 mg



VALUE SIZE

100% Drug Free
—
**Gently ease into
restful sleep†**

240 TABLETS

**Support a
healthy sleep
cycle and wake
up refreshed†**

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.

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
Calcium (as Calcium Carbonate) 45 mg	3%
Melatonin 3 mg	*

*Daily Value not established.

OTHER INGREDIENTS: Cellulose Gel, Maltodextrin, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate.

DISTRIBUTED BY: Nature Made Nutritional Products

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

USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. www.uspverified.org

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

- ✓ No Synthetic FD&C Dyes
- ✓ No Artificial Flavors
- ✓ No Preservatives
- ✓ Gluten Free
- ✓ 100% Drug Free
- ✓ Non Habit Forming

Lot :
Exp.: