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#1 PHARMACIST RECOMMENDED

VITAMIN &
SUPPLEMENT
BRAND*

NatureMade

GUMMIES

Melatonin
2.5 mg



100% Drug Free

Support a healthy sleep
cycle and wake up refreshed†

Dietary Supplement
130 GUMMIES



SUGGESTED USE: Adults, chew 1 gummy one hour before bedtime.

Keep out of reach of children. Store tightly closed, in a cool, dry place.
Contents may settle over time.

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.

- ✓ No Artificial Flavors - Natural Fruit Flavors
- ✓ No Synthetic Dyes - Color Derived from Natural Source
- ✓ No High Fructose Corn Syrup
- ✓ No Artificial Sweeteners
- ✓ Gluten Free

Supplement Facts

Serving Size 1 Gummy

Amount Per Gummy	% Daily Value
Calories 10	
Total Carbohydrate 2 g	1%**
Total Sugars 1 g	*
Includes 1 g Added Sugars	3%**
Melatonin 2.5 mg	*

* Daily Value not established.

** Percent Daily Values are based on a 2,000 calorie diet.

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.

OTHER INGREDIENTS: Glucose Syrup, Sugar, Water, Gelatin, Less than 2% of Citric Acid, Pectin, Palm Oil, Natural Flavors, Carnauba Wax, Carmine (Color).

Lot:
Exp:

†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.

