

List No. 3187
PK001099
5A117

#1 PHARMACIST RECOMMENDED VITAMIN & SUPPLEMENT BRAND*

Nature Made®

— EXTENDED RELEASE —
Melatonin

**CLINICALLY
STUDIED***

***Clinically studied
to raise and sustain
melatonin levels
for 6 hours**

DUAL ACTION RELEASE
90 TABLETS

**Helps you
fall asleep faster
and stay asleep
longer†**

Dietary Supplement

†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.

Nature Made® Extended Release Melatonin uses a specially formulated dual action tablet to release melatonin both immediately and gradually throughout the night to help you fall asleep faster and stay asleep longer.†

It is clinically shown to both raise melatonin levels in as little as 15 minutes and sustain elevated melatonin levels for 6 hours.

SUGGESTED USE: Adults, take 1 tablet one hour before bedtime with water.

Do not exceed 1 tablet daily.

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

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

- ✓ **No Synthetic Dyes -
Color Derived from
Natural Source**
- ✓ **No Artificial Flavors**
- ✓ **No Preservatives**
- ✓ **Gluten Free**

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet		% Daily Value
Calcium (as Calcium Carbonate)	90 mg	7%
Melatonin	4 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Cellulose Gel,
Hypromellose, Maltodextrin, Stearic Acid,
Croscarmellose Sodium, Hydroxypropyl Cellulose, Silicon
Dioxide, Magnesium Stearate, Color Added, Glycerin.

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.

WARNING: Do not use this product, unless advised by a physician, if you are pregnant, attempting to become pregnant, nursing, taking any medications, or have any chronic medical conditions. Do not drive or operate machinery within eight hours of taking this product or if you feel groggy. For occasional sleeplessness only; consult your physician if you continue to experience sleep difficulties or for use beyond two months. Not intended for individuals under the age of 18 years.

†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.

**Lot:
Exp.:**