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#1 PHARMACIST RECOMMENDED VITAMIN & SUPPLEMENT BRAND*

Nature Made

wellblends™
**Sleep
& RECOVER™**

3 MG
MELATONIN*



1 L-THEANINE
2 MAGNESIUM
3 MELATONIN

30 GUMMIES | *2 gummies per serving | Dreamy Berry with other natural flavors

DIETARY SUPPLEMENT

Gummy image not actual size
+ Ingredients powered by science

†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.

• No Artificial Flavors • No Synthetic Dyes - Color Derived from Natural Source • No High Fructose Corn Syrup • No Artificial Sweeteners • Gluten Free • 100% Drug Free • Non Habit Forming

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 15

Amount Per Serving	% Daily Value
Calories 20	
Total Carbohydrate 5 g	2%**
Total Sugars 3 g	*
Includes 3 g Added Sugars	6%**
Protein less than 1 g	
Magnesium 100 mg (as Magnesium Citrate)	24%
Melatonin 3 mg	*
L-theanine 200 mg	*

* Daily Value not established.

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

SUGGESTED USE: Adults, chew 2 gummies one hour before bedtime.

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

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

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 three months. Not intended for individuals under the age of 18 years.

OTHER INGREDIENTS: Glucose Syrup, Sugar, Water, Gelatin, Less than 2% of Citric Acid, Malic Acid, Color Added, Palm Oil, Dextrose, Natural Flavors, Carnauba Wax.

DISTRIBUTED BY:

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

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

▲ Magnesium helps relax the body.[†]

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

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Lot:
Exp.: