

SUGGESTED USE: Adults, take 1 tablet one hour before bedtime with water. Do not exceed 1 tablet daily. Store in a cool, dry place, out of reach of children. Do not use if tamper-evident printed foil seal over tablets is broken.

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.

Supplement Facts		
Serving Size 1 Tablet		
Amount Per Tablet	% Daily Value	
Calcium (as Calcium Carbonate)	80 mg	6%
Melatonin	10 mg	*
L-theanine	100 mg	*
GABA (Gamma-Aminobutyric Acid)	100 mg	*
* Daily Value not established.		

OTHER INGREDIENTS: Cellulose Gel, Hypromellose, Hydroxypropyl Cellulose, Stearic Acid, Less than 2% of Maltodextrin, Magnesium Stearate, Silicon Dioxide, 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.

Powered by Science

Nature Made® Wellblends™ is a complete line of scientifically-designed blends with ingredients to support your body's health.[†]



Tablet shown actual size

#1 PHARMACIST RECOMMENDED VITAMIN & SUPPLEMENT BRAND

Nature Made
wellblends™

Sleep
LONGER®

10 MG
MELATONIN



¹L-THEANINE & GABA
²IMMEDIATE-RELEASE MELATONIN
³EXTENDED-RELEASE MELATONIN

35 TRI-LAYER TABLETS
DIETARY SUPPLEMENT

Improve Sleep Quality[†]

3 benefits in 1 blend with L-theanine and GABA to help you unwind by relaxing your mind, immediate-release Melatonin to help you fall asleep faster, and extended-release Melatonin to support quality sleep.[†]



No Artificial Flavors



No Synthetic Dyes
Color Derived from Natural Source



No Preservatives



Gluten Free



100%
Drug Free



Non Habit
Forming

†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.

‡Ingredients powered by science

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Lot:
Exp.:

NO PRINT
NO COATING