

TRUSTED SINCE 1972



# MELATONIN

## 3 mg

**DIRECTIONS:** Take 1 tablet at bedtime as a dietary supplement or as directed by a healthcare professional.

**KEEP OUT OF REACH OF CHILDREN.**  
Protect from heat, light & moisture.  
Store in a cool, dry place.  
Do not purchase if seal is broken.

**MADE IN THE U.S.A. FROM GLOBALLY SOURCED INGREDIENTS.**

†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.

ITEM: 390 / TC: 400210N2

### Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	%Daily Value
Calcium	70 mg	5%
Melatonin	3 mg	*

\*Daily value not established.

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, silica, magnesium stearate, croscarmellose sodium.

Melatonin may cause drowsiness if taken during the day. Do not take if you have an auto immune disorder. If you are taking any medications, discuss taking melatonin with your physician prior to taking this product. Do not take if you are pregnant or lactating.

For more info, visit us at [www.windmillvitamins.com](http://www.windmillvitamins.com)

**Pharmacist Recommended**

**Supports Sleep Cycle†  
Awake Refreshed†**

**100 TABLETS | DIETARY SUPPLEMENT**

**NO** SUGAR, CORN, WHEAT, MILK, SOY,  
ARTIFICIAL COLORS, FLAVORS  
OR PRESERVATIVES

- Gluten Free -

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