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Formula
#83199-60C/
#2123821

Suggested Usage: As a dietary supplement, adults take 1 tablet before bedtime or as directed by your healthcare professional.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Warning: Not to be taken by individuals under the age of 18. If you are pregnant, nursing, taking any prescription medication (especially hormone replacement therapy), or have an autoimmune or depressive disorder consult a physician before using this product. Long-term use of melatonin has not been studied. Use of this product could cause hypothermia. Do not use before or while operating a motor vehicle or heavy machinery.

KEEP OUT OF REACH OF CHILDREN. For optimal storage conditions, store in a cool, dry place. (59° -77° F/15° -25° C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

"Proper nutrition, exercise, and supplementation are key components of 21st Century medicine."

Kenneth H Cooper MD

Kenneth H. Cooper, M.D., M.P.H.
"Father of aerobics and founder of the
Cooper Clinic, Dallas, Texas."
Manufactured for: Cooper Concepts, Inc.
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**COOPER
COMPLETE®**

Physician Formulated

**Melatonin
Prolonged Release**

Dietary Supplement

60 Tablets / 60 Servings

Supplement Facts

Serving Size 1 tablet
Servings Per Container 60

Amount Per Serving	%DV
Melatonin..... 3.0 mg	*

*Daily Value not established.

Other ingredients: Cellulose, silica and vegetable stearate.

In a proprietary designed polymeric base formulated to release over an average of a 6 to 8 hour period.