

STORE IN A COOL, DRY PLACE.

**Recommendations:** As a dietary supplement, take 1 capsule daily, 1/2 to 1 hour before bedtime.

**Warning:** Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

Keep out of the reach of children.



Scan to learn about our  
hypoallergenic supplements



Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Certified Gluten-Free by the Gluten-Free Certification Organization, [www.gluten.org](http://www.gluten.org)



Melatonin  
3 mg

*Supports the body's natural  
sleep cycle\**

Gluten-free, Non-GMO  
& Hypoallergenic  
Dietary Supplement

30 CAPSULES



Supplement Facts		
Serving size 1 capsule	Amount Per Serving	% DV
Servings per container 30		
	Melatonin	3 mg *
* Daily value (DV) not established		

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

\*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.