

**SUGGESTED USE** For a restful night's sleep, consume one or more capsules daily 30 minutes before bedtime or as recommended by a health care professional. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.808.7311.**

**WARNING** Not for use when driving a motor vehicle, operating machinery or engaging in any activity requiring full attention.

**THIS PRODUCT IS ONLY AVAILABLE FROM**



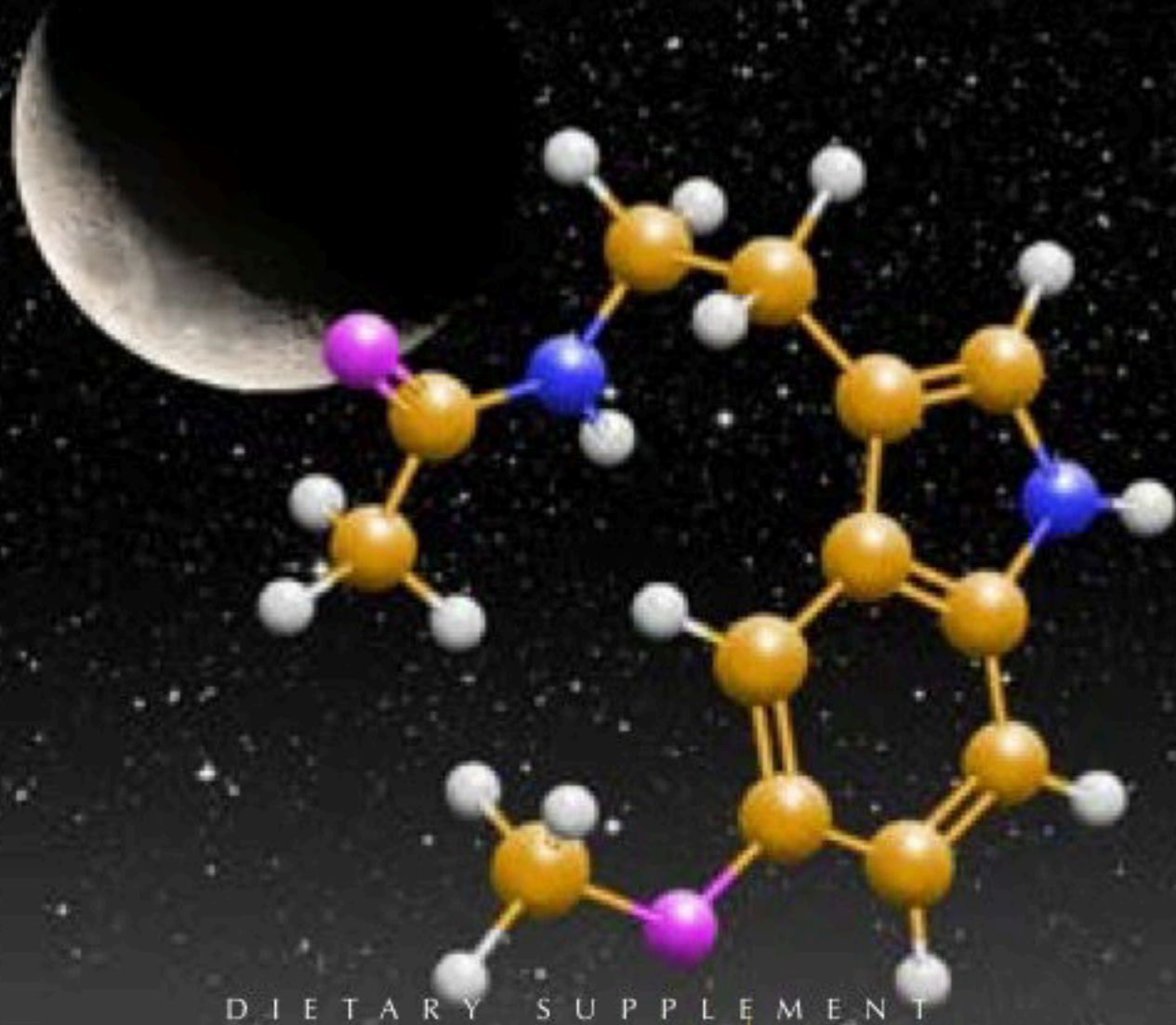
**800.944.9999**  
**WWW.HSN.COM**



**800.800.1200**  
**PROCAPSLABS.COM**

# MELATONIN 3

3 MG STANDARDIZED MELATONIN  
CALCIUM • MAGNESIUM



240 Easy-to-Swallow Capsules

**Andrew Lessman's MELATONIN 3** is designed to naturally promote restful sleep without a morning-after "hangover" by delivering a physiologically balanced level of Melatonin. Melatonin is a naturally produced hormone that is required for and directly involved in the natural sleep cycle. Our **Melatonin 3** provides levels of this protective molecule that are intended to gently facilitate sleep without dependency or side effects. We all know that restful sleep is essential to recover physically and mentally from the demands of daily life. However, unexpected events, along with the stress and pace of modern life, can frequently interfere with normal sleep. Clinical studies show that Melatonin naturally regulates our body's daily circadian rhythm (our internal 24-hour time-keeping system) that naturally determines when to fall asleep and wake up. Unfortunately, aging, excessive exposure to light in the evening or too little light during the day, as well as jet lag, shift work and poor vision can all disrupt normal Melatonin levels. Modern life is always challenging; however, a good night's sleep makes it easier to enjoy a happy, healthy life, and our **Melatonin 3** is designed to naturally support the sleep process.

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.

**CONTAINS NO ADDITIVES OR COMMON ALLERGENS OF ANY KIND.**

## Supplement Facts

Serving Size 1 Capsule	Servings Per Container 240	
Amount Per Serving	%DV*	
Calcium (as calcium carbonate)	60 mg	6%
Magnesium (as magnesium oxide)	60 mg	15%
Melatonin	3 mg	†
* Percent Daily Values (%DV) are based on a 2,000 calorie diet.		
† Daily Value not established.		

Other Ingredients: Gelatin capsule.