

**USAGE:** Take 1 capsule 20 to 30 minutes prior to bedtime, or as directed by your qualified health care consultant.

**WARNING:** Do not drive or operate machinery immediately following use of this product.

**NOTE:** If you have a medical condition (especially asthma, MS, lymphoma, leukemia, diabetes, epilepsy, or autoimmune disease), are pregnant, lactating, or trying to conceive, are under the age of 18, or are taking medications (especially MAO inhibitors such as iproniazid), consult your health care practitioner before using this product.

**Melatonin** is a hormone secreted by the pineal gland that aids biorhythm regulation.\* Biorhythm is disturbed by stress, crossing time zones and changing work shifts.\* Melatonin production also declines with age.\* Vitamin B<sub>6</sub> aids melatonin metabolism.\*

**Keep out of the reach of children.**

\* 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.

Lot #. Best Used Before:

**Jarrow FORMULAS®**

# Mellow Tonin®

**Melatonin + B<sub>6</sub>**

**60 Capsules**  
**Dietary Supplement**

## Supplement Facts

Serving Size 1 Capsule    Servings Per Container 60

	Amount Per Capsule	% DV
Vitamin B <sub>6</sub> (as pyridoxine HCl)	2 mg	100%
Melatonin	3 mg	*

\* Daily Value not established.

Other Ingredients: Cellulose and magnesium stearate (vegetable source). Capsule consists of gelatin.

No wheat, no gluten,  
no soybeans, no dairy,  
no egg, no fish/shellfish,  
no peanuts/tree nuts.

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation<sup>SM</sup>  
P.O. Box 35994  
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0510MELO  
PROD # 115010



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