

SUGGESTED USE: As a dietary supplement, take 1-3 capsules (1mg per lb of body weight) 30-60 minutes before bed, with a full glass of water. Besides being critical for a healthy sleep cycle, melatonin also supports a vigorous immune system response, healthy aging, optimal hormone balance, and optimal brain and neurological health.*

KEEP OUT OF REACH OF CHILDREN.
STORE IN A COOL DRY PLACE.

† Safety Information: Consult your healthcare provider if you are pregnant, nursing, taking medication, or have a medical condition.

*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.

Melatonin 60

▶ 60 mg Melatonin

Dietary supplement **90** capsules

SUPPLEMENT FACTS		
Serving size: 1 capsule		Servings in container: 90
Amount per serving		DV%
Melatonin	60 mg	**
**Daily value not established.		
OTHER INGREDIENTS: Rice hull, vegetable capsule contains purified water and hypromellose. Manufactured in a cgmfp facility that processes milk, eggs, soy, nuts, shellfish, and wheat.		

DISTRIBUTED BY: