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This product contains NO yeast, wheat, gluten, soy, milk/dairy, corn, sodium, starch, artificial coloring, artificial preservatives or genetically modified organisms (GMOs).

**Suggested Usage:** As a dietary supplement, adults take 1 tablet 30 minutes before bedtime or as directed by your healthcare professional only. Allow tablet to dissolve in mouth or with water or juice and then swallow.

**Warning:** Not to be taken by pregnant or lactating women. If you are taking MAO inhibitors, immunosuppressant drugs, anticoagulation therapy, or antihypertensive medication, or have an autoimmune, seizure, psychiatric or depressive disorder consult your healthcare professional before using this product. Long-term use of melatonin has not been studied. May cause drowsiness. 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.

Formula #81322

# Melatonin

## 3 mg

A Dietary Supplement



60 Tablets

### Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 60

Amount Per Serving	%DV
Melatonin.....	3 mg *

\*Daily Value not established.

Other ingredients: Cellulose, fructose, dicalcium phosphate and vegetable stearate.

Manufactured by:  
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