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This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 1 tablet 1 hour before bedtime as directed by your healthcare professional only.

Warning: Not to be taken by individuals under the age of 18. If you are pregnant, nursing, taking any prescription medication (especially hormone replacement therapy), or have an autoimmune or depressive disorder consult a physician before using this product. Long-term use of melatonin has not been studied. Use of this product could cause hypothermia. 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°-77F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #83199

Melatonin P.R.

3 mg Prolonged-Release Bisected Tablets

A Dietary Supplement



60 Tablets

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 60

Amount Per Serving	%DV
Melatonin	3.0 mg

*Daily Value not established.

Other ingredients: Dicalcium phosphate, cellulose, silica and vegetable stearate.

In a proprietary designed polymeric base formulated to release over an average of a 6 to 8 hour period.

Manufactured by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.4440

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Formula #83199

Melatonin P.R.

3 mg Prolonged-Release Bisected Tablets

A Dietary Supplement



180 Tablets

Supplement Facts

Serving Size 1 tablet
Servings Per Container 180

Amount Per Serving	%DV
Melatonin	3.0 mg

*Daily Value not established.

Other ingredients: Dicalcium phosphate, cellulose, silica and vegetable stearate.

In a proprietary designed polymeric base formulated to release over an average of a 6 to 8 hour period.

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