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**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.

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

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.

MEL-CR

# Melatonin

## Controlled-Release

A Dietary Supplement



60 Tablets

### Supplement Facts

Serving Size 1 tablet  
Servings Per Container 60

Amount Per Serving	%DV
Melatonin.....	2 mg *

\*Daily Value not established.

Other ingredients: Microcrystalline cellulose, vegetable stearine, methylcellulose, silica and magnesium stearate.

Manufactured in the USA by:  
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