



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 ½ to 1 tablet 30 minutes before bedtime as needed, or as directed by your healthcare professional. Allow tablet to dissolve in mouth and then swallow.

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-S

Melatonin

1 mg

A Dietary Supplement



60 Tablets

Supplement Facts

Serving Size 1 bisected tablet
Servings Per Container 60

Amount Per Serving	%DV
Melatonin.....	1 mg *

*Daily Value not established.

Other ingredients: Cellulose, mannitol, xylitol, vegetable stearate, silica and vanilla flavor.

Manufactured by:
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