

Prod. No. 7900



# MELATONIN

## 200 mcg

Nighttime  
Sleep Aid\*\*

DIETARY  
SUPPLEMENT

60 TABLETS



B7900 04A

### Supplement Facts

Serving Size 1 tablet

Amount Per Serving	%Daily Value
Melatonin 200 mcg	*
(as n-Acetyl-5-Methoxytryptamine)	

\*Daily Value not established.

**OTHER INGREDIENTS:** Dicalcium Phosphate, Cellulose (Plant Origin), Vegetable Stearic Acid, Vegetable Magnesium Stearate, Croscarmellose.

Women of childbearing age, especially pregnant or lactating women, should consult a doctor before use of this product. Use only at bedtime. Consult doctor before use if you are taking prescription drugs (especially antidepressant drugs). Discontinue use and consult your doctor if any adverse reactions occur including psychological disorders (including depression). Discontinue use if any of the following occur: headache, undesired sleep patterns or daytime tiredness. Do not take this product when driving a motor vehicle, operating machinery or consuming alcoholic beverages. In case of accidental overdose, seek professional assistance or contact a Poison Control Center immediately. Not intended for use by persons with depression, psychiatric or autoimmune disorders (i.e. lupus, multiple sclerosis, rheumatoid arthritis) or for persons under the age of 18. In case of accidental overdose, seek professional assistance or contact a Poison Control Center immediately.

Melatonin works in harmony with your natural sleep cycle to give you the tranquil rest you deserve,\*\* so you can awaken feeling refreshed. Melatonin is perfect for people experiencing occasional sleeplessness, those with jet lag, or anyone seeking to improve their quality of rest.

**DIRECTIONS:** For adults, take one (1) tablet, only at bedtime as Melatonin may produce drowsiness. **DO NOT EXCEED 15 TABLETS IN A 24 HOUR PERIOD.**

**TAMPER RESISTANT:** Do not use if imprinted seal under cap is broken. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

\*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Nutrition Questions or Comments?  
Call NutraPhone® 1-800-433-2990  
Mon.- Fri. 9 AM - 7 PM ET

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