SOURCE NATURALS®

NON GMO VALIDATED

DIETARY SUPPLEMENT

# MELATONIN

FOR OCCASIONAL SLEEPLESSNESS*

PEPPERMINT FLAVORED SUBLINGUAL

5 MG • 50 TABLETS

## Supplement Facts

**Serving Size 1 Tablet**

| | Amount Per Serving | %DV |
|---|---|---|
| Vitamin B-6 (from pyridoxal-5'-phosphate [Coenzymated™]) | 335 mcg | 17% |
| Melatonin | 5 mg | † |

†Daily Value not established.

Other ingredients: sorbitol, mannitol, natural peppermint flavor, magnesium stearate, and stearic acid.

Melatonin is a neurohormone produced in humans by the pineal gland. A favorite of travelers, it governs the body's circadian rhythms, helping the body ease into restful sleep. Melatonin is also a potent antioxidant.*

**Suggested Use:** 1 tablet at bedtime; 1/2 tablet may be sufficient for some people. Do not take more than 1 tablet daily unless recommended by your physician. Place tablet under the tongue and allow to dissolve slowly, altering the position of the tablet to avoid prolonged contact with the same area.

**WARNING:** USE ONLY AT BEDTIME. For adult use only. Not for use by children, teenagers, or pregnant or breastfeeding women. If you are under medical supervision, or have an autoimmune disease, diabetes, a depressive disorder, a thyroid condition, epilepsy, leukemia, or a lymphoproliferative disorder, or are taking MAO inhibitor drugs or corticosteroids such as hydrocortisone or prednisone, consult your physician before using this product. Do not take with alcoholic beverages or when operating machinery or driving a vehicle.

STORE IN A COOL, DRY PLACE.

**Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.**

***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.**

Manufactured for:
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