

**Suggested use:** Take 1-3 capsules (1mg per pound of body weight) with water each night, or as directed by your healthcare provider.

**Melatonin 60mg:**

- Encourages a healthy sleep cycle. \*
- Supports a vigorous immune system response. \*
- Promotes healthy aging. \*
- Assists with optimal hormone balance. \*
- Aids in optimal brain and neurological health. \*

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, cure or prevent any disease.

Melatonin  
60mg

*High Dose Melatonin Formula.*

Dietary Supplement  
90 Vegetarian Capsules

Supplement Facts

Serving Size 1 Capsule  
Serving Per Container 90

	Amount Per Serving	% DV
Melatonin	60 mg	*

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**Other ingredients:** Rice Hull, Vegetable capsule contains purified water and hypromellose.  
Manufactured in a facility that processes Milk, Soy, Eggs, Nuts, and Wheat.