

MELATONIN[™]

How Melatonin Works

Melatonin is an important substance your body needs to fall asleep and then awaken. It is your body's internal clock, giving you clues on when to go to sleep and when to wake up.

Darkness normally triggers the production of melatonin in your body, and light causes the production to stop.

Melatonin Liquid is a 100% drug-free dietary supplement of pure melatonin to help support natural sleep and nutritional balance.*

Directions

Adults: 1-2 servings or as directed by healthcare provider, 30 minutes before bed. Shake well before using. May be taken directly or diluted.

Storage

Avoid freezing and heat. Refrigerate after opening.

Help for Regular Sleep*

Sometimes sleep can become a problem. Lifestyle, diet, age, stress, variable work shifts and health issues can prevent you from getting regular quality sleep.

Because it plays such a fundamental role in the sleep-wake cycle, melatonin has become a common supplement for helping people attain a good night's rest.

Melatonin is especially helpful for people whose work shifts create a "night owl" schedule, yet they need to be up in the morning for family or other obligations.

Melatonin may help adjust the sleep cycle forward.* This readjustment of the sleep cycle also helps people who experience jet lag.

Liquid-Fast Delivery

- 3 mg melatonin per serving
- Delicious berry taste • Vegetarian
- Doctor formulated • No sugars
- No artificial flavors or colors
- Gluten, soy & dairy FREE
- Alcohol FREE



ID # 15013



Good Nights = Good Mornings

Supplement Facts

Serving Size 1 mL
Servings Per Container 50

Amount Per Serving	% Daily Value
Melatonin 3 mg	*

*Daily Value not established.

Other Ingredients: Purified water, xanthan gum, sorbic and benzoic acids (preserve freshness), citric acid, natural flavors, organic stevia leaf extract.

