Melatonin

1 mg, 3 mg, and 5 mg tablets

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



enlarge bottle

Supplement Facts for 1 mg

Serving Size: 3 tablets

	Amount	%DV
Melatonin	3 mg	

Other Ingredients: dibasic calcium phosphate, microcrystalline cellulose, stearic acid, magnesium stearate & colloidal silicon dioxide.

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 cortisol or prednisone, consult with your physician before taking this product.

Suggested Use: 1 to 3 tablets at bedtime. Do not take more than 5 tablets daily unless recommended by your physician.

Suitable for vegetarians: contains no yeast, dairy, egg, gluten, soy, or wheat. Contains no sucrose, starch, salt, preservatives, or artificial color, flavor or fragrance.

Supplement Facts for 3 mg

Serving Size: 1 tablet

Related Symptoms

Sleep

Complementary Products



Melatonin Liquid
Orange



Melatonin NutraSpray™
Timed-Release Super Sublingual™ * Orange



Melatonin
1 mg, 3 mg, and 5 mg tablets



Melatonin Complex™
Sublingual * Orange and Peppermint

Those interested in this product also viewed



Life Force™ Multiple
Bio-Aligned Formula™ * Daily Energy Booster * Capsules and Tablets



Wellness Formula®
Bio-Aligned Formula™ * Capsules and Tablets

	Amount	%DV
Melatonin	3 mg	†
Vitamin B-6 (Pyridoxine HCl)	1 mg	0.5

Other Ingredients:

Warning:

Suggested Use: One tablet at bedtime; one half tablet may be sufficient for some people. Do not take more than two tablets daily unless recommended by your physician.

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Supplement Facts for 5 mg

Serving Size: 1 tablet

	Amount	%DV
Melatonin	5 mg	†
Vitamin B-6 (Pyridoxine HCl)	1 mg	†

Other Ingredients:

Warning:

Suggested Use: One tablet at bedtime; one half tablet may be sufficient for some people. Do not take more than one tablet daily unless recommended by your physician.

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1 mg	**SN0719 100 tabs • SN0720 200 tabs • SN0721 300 tabs**
3 mg	**SN0550 60 tabs • SN0551 120 tabs • SN0552 240 tabs**
5 mg	**SN0556 60 tabs • SN0557 120 tabs • SN0558 240 tabs**



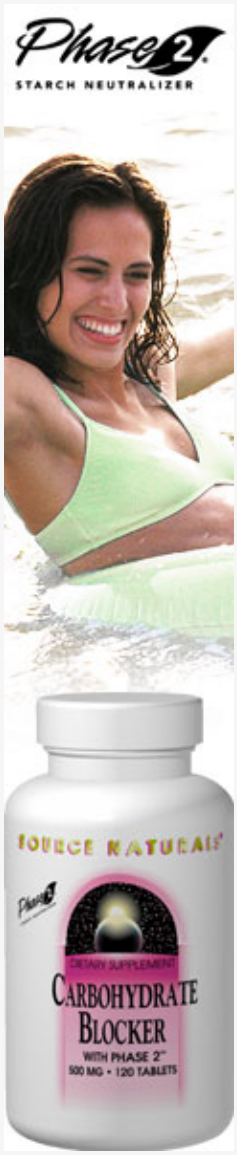
Essential Enzymes™
Bio-Aligned Formula™ * Original and Vegetarian Capsules



AHCC®
Active Hexose Correlated Compound



Coral Calcium
600 mg and 1,200 mg Tablets * Powder * Capsules


Phase 2
STARCH NEUTRALIZER
SOURCE NATURALS
Phase 2
DIETARY SUPPLEMENT
CARBOHYDRATE BLOCKER
WITH PHASE 2
500 MG • 120 TABLETS