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Melatonin
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Melatonin Timed Release

2 mg and 3 mg

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 2 mg
Serving Size: 1 tablet

	Amount	%DV
Melatonin	2 mg	†

Other Ingredients:

Warning:

Suggested Use: One tablet approximately 30 to 60 minutes before bedtime; one half tablet may be sufficient for some people. Do not take more than two tablets daily unless recommended by your physician.

USE ONLY AT BEDTIME. For adult use only. Not for use by children, teenagers, or pregnant or lactating 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 cortisone or prednisone, consult with your physician before taking this product. KEEP OUT OF THE REACH OF CHILDREN. STORE IN A COOL, DRY PLACE.

Supplement Facts for 3 mg
Serving Size: 1 tablet

	Amount	%DV
Melatonin	3 mg	†

Related Symptoms

Sleep

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


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


Beta Glucan
Purified Beta Glucan 1,3/1,6 * 100 mg and 250 mg


AHCC®
Active Hexose Correlated Compound

Other Ingredients:

Warning:

Suggested Use: One tablet approximately 30 to 60 minutes before 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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2 mg	**SN0062 60 tabs • SN0063 120 tabs • SN0064 240 tabs**
3 mg	**SN0065 60 tabs • SN0066 120 tabs • SN0067 240 tabs**