

## **MELATONIN**

Serving Size: 1 Capsules

60 servings

Amount Per Serving: Melatonin: 3mg

Directions: As a dietary supplement, take one capsules before bedtime. Do not exceed one capsule per day.

Other Ingredients: cellulose, dicalcium phosphate, gelatin, and magnesium stearate.

### **Warnings:**

Not to be taken by pregnant or lactating women.

Not to be taken by persons with severe allergies or auto immune conditions.

May cause drowsiness. Not to be taken when driving a motor vehicle or operating machinery.

Keep out of reach of children.

If you are attempting to conceive, do not take this product as it may act as a contraceptive.