



Supplement Facts		
Serving Size: 1 Lozenge		
Servings Per Container: 60		
	Amount Per Serving	%Daily Value
Melatonin	3 mg	**
** Daily Value not established.		
Other Ingredients: Xylitol, mannitol, stearic acid, silica, vegetable magnesium stearate, and natural peppermint flavor.		



Melatonin

Recommended For: Insomnia & Cancer Prevention

This melatonin formulation is for those who need the fastest possible sleep-inducing action. By dissolving in the mouth, melatonin goes directly to the brain and bypasses the liver where much of orally ingested melatonin can be metabolized (in some people) before it reaches the brain. Melatonin most effectively supports nighttime sleep when taken 15 minutes before bedtime. Melatonin

- Helps to maintain normal circadian rhythm - the natural daily cycle of hormone secretion.
- Nutritionally augments the natural function of the pineal gland.
- Helps to regulate sleep patterns.
- Promotes restful sleep.

'These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any diseases.'

