

SUGGESTED USE: Adults, as a dietary supplement, take one (1) tablet an hour before bedtime as needed.

For sleep support†

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN. IF YOU ARE NURSING, PREGNANT, HAVE AN AUTOIMMUNE OR DEPRESSIVE DISORDER, ARE TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.

Dr. Mercola has been providing quality products since 2001.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Formula # 202459-30 / 84093832 10254-v101



DR. MERCOLA®

SLEEP SUPPORT WITH MELATONIN

Dietary Supplement

30 Tablets

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 30

	Amount Per Serving	%DV
Niacin (as Nicotinic Acid)	1.5 mg	9%
Vitamin B6 (as Pyridoxine HCl)	3 mg	176%
Dr. Mercola's Calming Blend	46.1 mg	*
Tart Cherry (<i>Prunus cerasus</i>) Fruit Concentrate		
Chamomile Flower Powder		
Jujube Seed Extract		
Dr. Mercola's Neuro Blend	34.5 mg	*
GABA (Gamma-Amino Butyric Acid)		
L-Theanine		
L-Tryptophan		
Melatonin (1.5 mg)		
5-HTP (5-Hydroxytryptophan) (from <i>Griffonia simplicifolia</i> [Seed] Extract)		

*Daily Value (DV) not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Silicon Dioxide, Croscarmellose Sodium, Carnauba Wax, Organic Coating (Organic Tapioca Maltodextrin, Organic Sunflower Lecithin, Organic Palm (Fruit) Oil, Organic Guar Gum).
DISTRIBUTED BY: NHP, 125 SW 3rd Place, Cape Coral, FL 33991 USA (877) 985-2696