

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

For sleep support†

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN.

DO NOT USE BEFORE OR WHILE OPERATING A MOTOR VEHICLE OR HEAVY MACHINERY.

IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.

†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.

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DR. MERCOLA®

SLEEP SUPPORT

5 mg MELATONIN

per capsule

30 Capsules | Dietary Supplement

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin B ₆ (as Pyridoxine HCl)	5.5 mg	323%
Melatonin	5 mg	*
Dr. Mercola's Calming Blend	46 mg	*
Tart Cherry (<i>Prunus cerasus</i>) Fruit Concentrate		
Chamomile Flower Powder		
Dr. Mercola's Neuro Blend	38 mg	*
L-Theanine		
GABA (Gamma-Amino Butyric Acid)		
L-Tryptophan		
5-HTP (5-Hydroxytryptophan)		
[from <i>Griffonia simplicifolia</i> (Seed) Extract]		

*Daily Value (DV) not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Capsule (Hydroxypropyl Methylcellulose), Organic Rice Hull

DISTRIBUTED BY: NHP, 125 SW 3rd Place
Cape Coral, FL 33991 USA (877) 985-2696

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