



Melatonin

5 mg

DIETARY SUPPLEMENT

90 TABLETS

TAMPER RESISTANT - DO NOT USE IF IMPRINTED SAFETY SEAL UNDER CAP IS BROKEN OR MISSING

DIRECTIONS: Adults: Take one tablet, preferably 20 minutes before bedtime, as a dietary supplement or as recommended by a doctor.

Supplement Facts

Serving Size 1 Tablet

Amount per tablet	% Daily Value
Melatonin 5 mg	*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose, stearic acid, magnesium stearate, silica.

WARNINGS: For adult (18 years of age and over) use only. Not for use by children, teenagers, pregnant or lactating women. Consult a physician before use if you are a woman of childbearing age or if you are currently taking any medication. DO NOT take this product if you have autoimmune conditions, depressive disorder, heart, liver, kidney, or any other disease without consulting a physician. Do not take this product prior to driving a motor vehicle or operating machinery.

Free of sugar, starch, sodium, gluten, yeast, preservatives, animal by-products, artificial colors-flavors.

Store between 15°-30°C (59°-86°F).

KEEP OUT OF REACH OF CHILDREN

Distributed by: Rugby Laboratories
17177 N Laurel Park Dr., Suite 233, Livonia, MI 48152
www.rugbylaboratories.com



R-95 Re-order No. 370518 Rev. 12/16

Control No.:

Exp. Date:

Non Varnish Area

Questions or comments?
Call 1-800-645-2158