

Supplement Facts

Serving Size 1 capsule

Amount Per Serving

Melatonin (as MicroActive®)	1.5 mg
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Other ingredients: microcrystalline cellulose, gelatin (capsule), hydroxypropyl methylcellulose, sodium alginate, carnuba wax, silica.

Non-GMO

MicroActive® Melatonin is a registered trademark of Bioactives LLC.

Dosage and Use

- Take one (1) capsule 30 to 60 minutes before bedtime, or as recommended by a healthcare practitioner. Melatonin is naturally secreted from the pineal gland at night, and should be taken at night for optimal results.

Caution

Do not consume alcohol, drive or operate machinery after taking this product.

Warnings

- KEEP OUT OF REACH OF CHILDREN
- DO NOT EXCEED RECOMMENDED DOSE
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Actual Size

