

KEEP OUT OF REACH  
OF CHILDREN.  
Store in a cool, dry place.  
For More Information:  
1-888-462-2548

SHOP NOW @ GNC.COM

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222



**GNC**

# Melatonin

3 MG

Supports restful sleep\*  
Timed-release

DIETARY SUPPLEMENT  
60 TABLETS

CODE 131612

ARG

**Directions:** As a dietary supplement, take one tablet daily. Do not exceed recommended dosage in any 24 hour period.

## Supplement Facts

Serving Size One Tablet

### Amount Per Serving

Melatonin	3 mg*
-----------	-------

\* Daily Value not established.

**Other Ingredients:** Dicalcium Phosphate, Cellulose.

**WARNING:** For adult use only at bedtime. This product is not to be taken by pregnant or lactating women. If you are taking medication or have a medical condition, consult a physician before using this product. Do not use in conjunction with alcoholic beverages, when driving a vehicle, or while operating machinery.

Potency verified by GNC procedure #5008.  
Conforms to USP <2091> for weight.

ACTUAL SIZE

\* 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.

Lot No./Best By: