

## Melatonin IR/XR

*All-night support for sustained, restful sleep\**

Item #02201 • 60 capsules

An estimated 50 million to 70 million American adults have difficulty sleeping. Melatonin is a hormone made naturally by your body — but those who have trouble sleeping may not produce enough of it at the right time. Melatonin IR/XR helps you fall asleep and stay asleep all night long. Each capsule contains 1.5 mg of MicroActive® Melatonin, a unique 50/50 blend of immediate- and extended-release melatonin.

Taken about 30 minutes before bed, just one Melatonin IR/XR capsule provides approximately seven hours of uninterrupted sleep support, so you sleep throughout the night. Melatonin IR/XR is the perfect sleep support supplement for those who have already tried melatonin but still had trouble getting to sleep or staying asleep. Try Melatonin IR/XR today — and wake up refreshed!

\*For occasional sleeplessness.

MicroActive® is a registered trademark of BioActives LLC.



### One capsule contains:

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



### 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.

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These statements have 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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