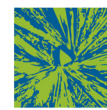


# PRODUCT DATA SHEET

## Melaton-3™



**THORNE  
RESEARCH**

Pure Ingredients, Trusted Results



### Melaton-3™

Melatonin is ideal for sleep and normalizing circadian rhythm\*

- Helps regulate the sleep-wake cycle\*
- For sleep problems associated with jet lag or shift work\*
- 3 mg of melatonin for intermediate needs, also available in 1 mg and 5 mg strengths

#### MELATON-3

S u p p l e m e n t   F a c t s	
Serving Size: One Capsule	
Servings Per Container: 60	
Each Capsule Contains:	% DV
Melatonin	3 mg *
*Daily Value (DV) not established.	

Other Ingredients: Microcrystalline Cellulose, Hypromellose (derived from cellulose) capsule, Leucine, Silicon Dioxide.

60 Vegetarian Capsules

Code: SF788

### Allergy Warning

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

### Pregnancy Warning

If pregnant or nursing, do not use this product.

### Interactions

Because melatonin may potentiate the effect of blood-thinning medications, Melaton-3 should be used with caution or avoided in individuals on anticoagulant therapy or prior to surgery.

### Purity

This product does not contain wheat, gluten, corn, yeast, soy, egg, dairy products, or artificial colors, artificial sweeteners, or artificial flavors. This product also does not contain lactose, palmitic acid, magnesium stearate, or stearic acid.

### Suggested Use

Take 1 capsule at bedtime or as recommended by a health-care practitioner.

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### Additional Notes

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\*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.