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Nature Made 2743

Nature Made Melatonin 5mg Tablets Extra Strength User Manual

Model: 2743

PRODUCT OVERVIEW

Nature Made Melatonin 5mg Extra Strength is a dietary supplement designed to assist adults in falling asleep faster and supporting restful sleep. This product is 100% drug-free and non-habit forming.

Key features include:

- Occasional use sleep support supplement.
- Helps regulate sleep and wake cycles.
- 100% drug-free, gluten-free, non-habit forming.
- No color added, no artificial flavors, no preservatives.
- USP Verified for ingredients, potency, and manufacturing process.





Image: Front view of the Nature Made Melatonin 5mg Tablets bottle, showing the brand, product name, dosage, and key benefits.

USAGE INSTRUCTIONS

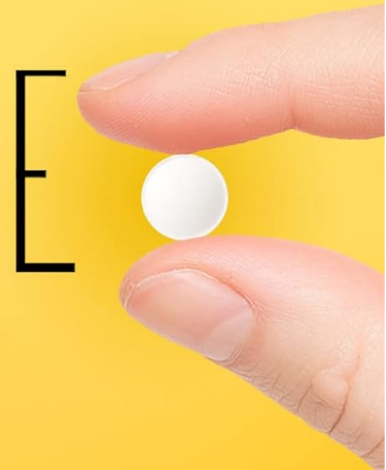
For optimal results, follow these directions:

- **Adults:** Take one (1) tablet one hour before bedtime with water.
- Do not exceed two (2) tablets daily.
- Store tightly closed in a cool, dry place, out of reach of children.
- Do not use if the imprinted seal under the cap is broken or missing.

How many do I take?

**Adults, take
1 tablet one hour
before bedtime**

1 in.



**90 tablets
90 day supply**

Image: Visual guide indicating to take one tablet one hour before bedtime, showing a single tablet and the text "90 tablets, 90 day supply".

SAFETY INFORMATION AND WARNINGS

It is crucial to read and understand all safety information before using this product.

General Warnings:

- Do not use this product unless advised by a physician if you are pregnant, attempting to become pregnant, or nursing.
- Consult a physician if you are taking any medications or have any chronic disease, including hypertension (high blood pressure), diabetes, or an endocrine, auto-immune, depressive, bleeding, or seizure disorder.

- Do not take melatonin while operating a motor vehicle or machinery. Do not drive or operate machinery within eight hours of taking this product or if you feel groggy.
- Not intended for individuals under the age of 18.
- Consult your physician if you are experiencing persistent sleep difficulties or for use beyond four weeks.
- Side effects may include headaches, dizziness, nausea, or loss of appetite.

Drug Interactions:

Melatonin should not be used unless advised by a physician if you are taking any of the following medications:

- Antidepressants
- Anti-anxiety medications
- Diabetes medications
- Narcotics
- Blood pressure medication
- Asthma medication
- Sleep medication (if different from narcotics)

INGREDIENTS

Each tablet contains:

Ingredient	Amount Per Tablet	% Daily Value
Melatonin	5 mg	*
Calcium (as Dibasic Calcium Phosphate)	80 mg	6%

*Daily Value not established.

Other Ingredients: Croscarmellose Sodium, Magnesium Stearate.

SUGGESTED USE: Adults, take 1 tablet one hour before bedtime with water. Do not exceed 2 tablets daily.

Store tightly closed, in a cool, dry place, out of reach of children.

Do not use if seal under cap is broken or missing.

WARNING: Do not use this product, unless advised by a physician, if you are pregnant, attempting to become pregnant, nursing, taking any medications, or have any chronic medical conditions. Do not drive or operate machinery within eight hours of taking this product or if you feel groggy. For occasional sleeplessness only; consult your physician if you continue to experience sleep difficulties or for use beyond two months. Not intended for individuals under the age of 18 years.

- ✓ No Color Added
- ✓ No Artificial Flavors
- ✓ No Preservatives
- ✓ Gluten Free
- ✓ 100% Drug Free
- ✓ Non Habit Forming

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Calcium (as Dibasic Calcium Phosphate) 80 mg	6%
Melatonin 5 mg	*

*Daily Value not established.

OTHER INGREDIENTS:

Croscarmellose Sodium, Magnesium Stearate.

DISTRIBUTED BY: Nature Made Nutritional Products

West Hills, CA 91309-9903, USA 1-800-276-2878 • www.NatureMade.com

USP has tested and verified ingredients, potency, and manufacturing process.

USP sets official standards for dietary supplements. www.uspverified.org

★ Based on a survey of pharmacists who recommend branded vitamins and supplements.

Lot :
Exp.:

Image: Detailed view of the Supplement Facts label, listing Melatonin and Calcium content, along with other ingredients.

PRODUCT SPECIFICATIONS

- **Product Dimensions:** 2 x 2 x 4.25 inches
- **Item Weight:** 2.08 Ounces
- **Item Form:** Tablet
- **Unit Count:** 90 Count (Pack of 1)
- **Flavor:** Unflavored
- **Diet Type:** Gluten Free
- **Manufacturer:** Nature Made
- **Date First Available:** July 19, 2011

QUALITY AND VERIFICATION

Nature Made is committed to quality and transparency. This product is USP Verified, meaning it has been tested and verified by the United States Pharmacopeia for ingredients, potency, and manufacturing process.

USP sets official standards for dietary supplements.

**This product is
USP-verified**



**USP sets official standards
for dietary supplements.**

Image: The USP Verified seal, indicating that the product meets rigorous quality standards set by the United States Pharmacopeia.

Quality you can trust

No color added



No artificial flavors



No preservatives



Gluten free



100% drug free



Non habit forming



Image: Icons representing product quality attributes: No color added, No artificial flavors, No preservatives, Gluten free, 100% drug free, Non habit forming.