

# Sleep Support for the Whole Family



*Carlson*<sup>®</sup>

Award-Winning Quality Since 1965

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



- Promotes relaxation\*
- Supports a healthy sleep pattern\*
- Helps us sleep soundly
- Natural strawberry-lemon flavored chewable tablets
- Potency and quality guaranteed

Melatonin, a hormone produced by the pineal gland in the brain, helps regulate the body's circadian rhythm, the internal clock that controls when we fall asleep and wake up. Our brain begins producing melatonin about one hour before bed. Melatonin levels increase gradually during sleep and peak one-to-two hours before we wake up, then they rapidly fall.

In some adults, a higher dose of melatonin may push this process into fast-forward, causing them to wake up early and making it difficult to fall back asleep. For these individuals, Carlson offers Melatonin with 300 mcg of melatonin in a single natural strawberry-lemon flavored chewable tablet, which is a great starting level. Increase your dose as necessary by taking more than one tablet.

Melatonin 300 mcg chewable tablets are also a safe dose for kids who are having trouble sleeping.

1 Tablet Provides	
Melatonin	300 mcg

8736-1a

Size	Code
30 Tablets	8736

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