

## QUALITY SLEEP

## **Sustained Release Melatonin**









Melatonin, a natural hormone that regulates the sleep-wake cycle, has been clinically shown to improve sleep quality, reduce sleep onset latency, and increase total sleep time.1\*

Allmax Melatonin 8HR combines regular melatonin with Melotime™ (8-hour sustained-release melatonin) to help prevent nighttime awakenings. Allmax Melatonin 8HR supports muscle recovery by helping you fall asleep and stay asleep throughout the night.\*

## **Supplement Facts**

Serving Size Servings Per Container	1	Capsu (	1e 30
mount Per Serving % Daily Value			
Melatonin (sustained release delivery system)		5 mg	†
Melatonin	3 mg	†	
Melotime <sup>TM</sup> (8-hour sustained release melatonin)	2 mg	†	
† Daily Value not established.			
OTHER INGREDIENTS: Vegan caps (Hypromellose), Microcrystalline Cellulose,			

PLoS One. 2013 May 17;8(5):e63773. doi: 10.1371/journal.pone.0063773

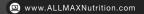
These statements have not been evaluated by the Food & Drug Administration This product is not intended to diagnose, treat, cure or prevent any disease.











Magnesium Stearate.



