



DEEP 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	1 Capsule
Servings Per Container	60
Amount Per Serving	% Daily Value
Melatonin (sustained release delivery system)	5 mg †
Melatonin	3 mg †
Melotime™ (8-hour sustained release melatonin)	2 mg †

† Daily Value not established.

OTHER INGREDIENTS: Vegan caps (Hypromellose), Microcrystalline Cellulose, Magnesium Stearate.

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¹PLoS 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.