

SCIENCE • INNOVATION • QUALITY • RESULTS

ALLMAX
ESSENTIALS

• PROFESSIONAL GRADE SUPPLEMENTS •

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.*

¹LeS One. 2013 May 17;8(5):e63773.
doi: 10.1371/journal.pone.0063773



REGISTERED FACILITY



TESTED



EVERY LOT

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

MELATONIN 8HR

- + Help Improve Sleep Quality*
- + 8-Hour Sustained Release Melatonin*
- + Expedite Sleep Onset*



60 CAPSULES
DIETARY SUPPLEMENT

RECOMMENDED DOSE: Take 1 capsule 30-60 minutes before bedtime, as needed.

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.

RECOMMENDED USE OR PURPOSE: Aids in enhancing sleep quality and duration.*

WARNINGS: Ask a health care practitioner before use if you are taking medications for seizure, blood pressure, to suppress the immune system, to affect mental state or increase sedation, steroids or blood thinners. Ask a health care practitioner before use if you have cardiovascular, immune, liver or kidney disease, seizure disorder, asthma or diabetes. Ask a health care practitioner if sleeplessness persists for more than 4 weeks (chronic insomnia). When using this product avoid driving or using machinery for 5 hours. When using this product avoid taking with alcohol or products that cause drowsiness. Do not use if you are pregnant or breastfeeding. Stop use if allergy occurs or if you experience headache, confusion, or nausea.

CALIFORNIA WARNING: Lead is known to the State of California to cause birth defects or reproductive harm. Consuming this product can expose you to more than 0.000005 g of lead. For more information go to www.P65Warnings.ca.gov.

ALLERGEN WARNING: Produced in a facility that also handles Milk, Soy, Egg, Peanut, Tree Nuts, Sesame, Fish, Crustacean and Shellfish products.

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