

Centrum Sleep Whole Food Benefit Blend Dietary Supplement

This is the most current labeling information and may differ from labels on product packaging. If there are any differences between this website labeling and product packaging labeling, this website labeling should be regarded as the most current.

Directions: Adults: Take 1 (one) capsule 30 minutes before bedtime, as needed, for occasional sleeplessness. Do not exceed suggested use. Not formulated for use in children.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container xx

	Amount Per Serving	% Daily Value
Magnesium (as magnesium hydroxide from sea water)	42 mg	10%
Melatonin	3 mg	*
Organic Herbal Blend Passionflower Extract (<i>Passiflora incarnata</i>) (aerial parts), Chamomile Flower Extract (<i>Matricaria recutita</i>), Lemon Balm Extract (<i>Melissa officinalis</i>) (leaf)	150 mg	*
Organic Whole Fruit and Vegetable Blend Apple, Beet, Broccoli, Carrot, Green Cabbage, Kale, Parsley, Spinach, Blueberry, Raspberry, Strawberry, Tomato	25 mg	*

*Daily Value not established.

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Other Ingredients: Organic Rice Flour, Hypromellose (vegetarian capsule shell), L-Leucine (vegetarian), Silica.

As with any supplement, if you are pregnant, nursing, or taking medication, including sleep medication, consult your doctor before use.

Do not consume if pregnant or nursing.

Keep out of reach of children.

If taking other supplements, read label, since supplements may contain the same ingredient.

Warnings

- Do not consume any alcohol while taking melatonin.
- Do not drive or operate heavy machinery while taking melatonin.
- Do not take other melatonin-containing products.
- Consult a healthcare professional if you are experiencing long-term sleep difficulties.

Store at room temperature. Protect from heat, light, and moisture. Keep bottle tightly closed.

Bottle sealed with foil under cap. Do Not Use if foil is torn.

Marketed by: Pfizer, Madison, NJ 07940 USA

Questions? Comments?

Call 1-877-CENTRUM (236-8786)