**Melatonin 8HR**

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

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.\*

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.