

Emergen-Zzzz – Berry PM

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 - one (1) packet 30 minutes before bedtime, as needed, for occasional sleeplessness. Empty contents into a glass, add 4-6 oz of water, stir. For lighter flavor, mix with more water. Do not exceed suggested use.

Supplement Facts		
Serving Size 1 Packet (7.8 g)		
Amount Per Serving		% Daily Value
Calories	25	
Total Carbohydrate	7 g	3% [†]
Total Sugars	5 g	*
Includes 5 g Added Sugars		10% [†]
Vitamin C (as ascorbic acid, zinc ascorbate)	500 mg	556%
Vitamin D (as cholecalciferol)	6.25 mcg (250 IU)	31%
Calcium (as calcium carbonate)	50 mg	4%
Magnesium (as magnesium carbonate, magnesium hydroxide)	60 mg	14%
Zinc (as zinc ascorbate)	2 mg	18%
Manganese (as manganese gluconate)	0.5 mg	22%
Sodium (as sodium bicarbonate)	60 mg	3%
Potassium (as potassium bicarbonate, potassium carbonate)	200 mg	4%
Melatonin	3 mg	*
[†] Percent Daily Values (DV) are based on a 2,000 calorie diet.		
* Daily Value not established.		

Other Ingredients: Fructose, Citric Acid, Maltodextrin. **Contains <2% of:** Acacia, Beet Juice Concentrate (color), Fruit Juice Concentrates (cherry, raspberry) (color and flavor), Malic Acid, Natural Flavors, Silicon Dioxide, Sugar, Tartaric Acid, Tocopherols (to preserve freshness).

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

Keep out of reach of children.

Not formulated for use in children

Warnings

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

Store at room temperature. Protect from moisture.

Do not use if packet seal is torn or broken.

Distributed by: Alacer Corp.
Carlisle, PA 17013

Consumer Line: 1.888.425.2362