



Solgar Introduces Melatonin 10 mg Tablets

LEONIA, NJ — February 19, 2010 — Solgar proudly introduces Melatonin 10 mg Tablets for consumers who prefer a higher level of sleep support.* Each tablet offers 10 mg of melatonin (as N-Acetyl-5-Methoxytryptamine) for individuals who experience occasional sleeplessness, those with jet lag, or anyone wanting to promote sound, quality sleep.*

Melatonin is a hormone naturally secreted by the pineal gland in the brain. The pineal gland processes information about light and dark and relays it to cells throughout the body. Melatonin's high lipophilicity, or fat solubility, allows it to transmit the signal of darkness to every cell in the body, acting as the eyes for each cell, organ, and tissue. Melatonin levels throughout the body are important for promoting calm, restful sleep and a relaxed mood in the evening by supporting natural circadian rhythms.*

Solgar's Melatonin 10 mg Tablets are suitable for vegetarians and are free of sugar, salt, yeast, wheat, soy, gluten, and dairy products. They are formulated without the use of artificial preservatives, flavors, or colors. This product will be available in fine health food stores nationwide.

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For over 60 years, Solgar Vitamin and Herb has been educating and providing consumers worldwide with premium-quality, innovative, science-based nutritional supplements that enhance overall wellness. Committed to quality, Solgar utilizes stability testing, expiration dating, USP water filtration, and quality control analyses to ensure potency and purity in every product. With its world headquarters located in Leonia, NJ, Solgar exclusively distributes its more than 425 products directly to natural health food retailers across the globe. Additional information about Solgar can be found at www.solgar.com.

***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.**

PRESS RELEASE

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