

ConsumerLab.com's Top Melatonin Supplements*

BRAND	DOSE	NOTES
Herbatonin Plant Melatonin	0.3 mg	Kosher, suitable for vegans, and contains no wheat, gluten, or yeast; 90 capsules/box
Life Extension Melatonin	0.3 mg	Take one vegetarian capsule once daily; 100 capsules/bottle
Trader Darwin's (Trader Joe's) Chewable Peppermint Flavored Melatonin	0.5 mg	Take one tablet once daily; contains no yeast; 100 tablets/bottle
Pure Encapsulations Best-Rest Formula	1 mg	Take two capsules (1 mg total) once daily; non-GMO, vegan, gluten-free; contains vitamin B ₆ , gamma-aminobutyric acid, L-theanine, valerian, lemon balm, hops, passion flower, and chamomile; 60 or 120 capsules/bottle
Swanson Melatonin	1 mg	Take one capsule once daily; 120 capsules/bottle
Well at Walgreens Quick Dissolve Melatonin	3 mg	Take one dissolvable tablet once daily; cherry flavor, no gluten or yeast; 240 tablets/bottle
H-E-B Super Strength Melatonin	5 mg	Take one softgel once daily; gluten-free; 240 softgels/bottle
Member's Mark (Sam's Club) Timed Release Melatonin	10 mg	Take one tablet once daily; no gluten, contains vitamin B ₆ ; 250 tablets/bottle

* This list doesn't represent all melatonin supplements approved by ConsumerLab.com

— SOURCE: MELATONIN SUPPLEMENTS REVIEW. CONSUMERLAB.COM WEBSITE. [HTTPS://WWW.CONSUMERLAB.COM/REVIEWS/MELATONIN-SUPPLEMENTS/MELATONIN/](https://www.consumerlab.com/reviews/melatonin-supplements/melatonin/). UPDATED MARCH 19, 2019.