

Pediatric Dosing Chart

Dosage for children from your healthcare professional

DO NOT use any other dosing device.

Give 30 to 60 minutes before bedtime.

Use products **ONLY** as directed. Always read and follow the label on all ZARBEE'S® products.

ZARBEE'S® Children's Gentle Bedtime Gummies

Available in: **Raspberry Lemon, Apple**





AGE	3 to 6 yrs	7 to 12 yrs
DOSE	1 gummy	2 gummies
		

Melatonin-free.

ZARBEE'S® Children's Gentle Bedtime Syrup

Available in: **Honey Lemon, Honey Apple**





AGE	2 to 3 yrs	4 to 12 yrs
DOSE	5 mL	10 mL
		

Melatonin-free.

ZARBEE'S® Children's Sleep Chewable Tablets & Gummies with Melatonin

Available in: **Grape (chewable tablets) Berry, Watermelon (gummies)**



AGE	3 to 5 yrs	6 to 12 yrs	12+ yrs
DOSE	Ask a doctor	2 tabs or gummies	3 tabs or gummies
			

1 mg of melatonin per tablet or gummy.

ZARBEE'S® Children's Sleep Liquid with Melatonin

Available in: **Mixed Berry**



AGE	3 to 5 yrs	6 to 12 yrs	12+ yrs
DOSE	Ask a doctor	2 mL	3 mL

1 mg of melatonin per mL of liquid.

Today's date: _____

This dosing recommendation from your healthcare professional will expire in 14 DAYS.

ACTIVE INGREDIENT: Melatonin (Zarbee's Children's Sleep Liquid, Gummies, and Chewable Tablets.)

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