

your best sleep
naturally**

**Nature Made**

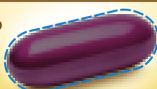
SLEEP[†]

NATURAL ACTING SLEEP AID^{**}

100% DRUG FREE

Fall asleep
naturally^{†**}

Actual Size



Ingredients to help
relax the mind and
support sleep[†]

DIETARY SUPPLEMENT **30** SOFTGELS
NIGHT SUPPLY

[†]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.

Enjoy a Good Night's Sleep Naturally.**

Nature Made Sleep[®] contains two ingredients to help support sleep - L-theanine and melatonin. L-theanine is an amino acid, which was originally discovered as a constituent of green tea in 1949, and is now used in its synthetic and natural form globally. Clinical studies show L-theanine helps relax the mind.[†] Melatonin plays a natural role in the body's sleep cycle.[†] Both ingredients can help you fall asleep naturally.[†]

Colors Derived from Natural Sources - No Synthetic Dyes

No Artificial Flavors • No Preservatives • No Yeast or Starch • Gluten Free

SUGGESTED USE: Take one Nature Made Sleep softgel one hour before bedtime. Do not exceed one softgel daily unless recommended by a health care professional. For easier swallowing, take with water before and during ingestion.

Store in a cool, dry place. Keep out of the reach of children. **Do not use if tamper evident printed foil seal over softgels is broken.**

WARNING: This product contains melatonin. Do not use this product unless advised by a physician if you are pregnant, attempting to become pregnant, or nursing; or if you are taking any medications or have any chronic disease, including hypertension (high blood pressure), diabetes, or an endocrine, auto-immune, depressive, bleeding or seizure disorder. Do not drive a motor vehicle or operate machinery when taking melatonin. Not intended for individuals under the age of 18 years. Consult a health care professional if you are experiencing persistent sleep difficulties.

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value
Calories 5	
L-theanine 200 mg	*
Melatonin 3 mg	*

*Daily Value not established.

OTHER INGREDIENTS: Medium Chain Triglycerides, Gelatin, Glycerin, Soy Lecithin, Water, Yellow Beeswax, Colors Added (Including Carmine).

Contains: Soy.

Nature Made Sleep[®] Softgels are made to Nature Made's guaranteed purity and potency standards.

**Provides ingredients that work with your body to help you fall asleep without drugs.

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Distributed by: **Nature Made Nutritional Products**

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1-800-276-2878 • www.NatureMade.com

Encapsulated and Quality Tested in the U.S.A.

List No. 2575
P202
Cat. A880
1B220

Lot:
Exp.:

