

List No. 2794
L203
Cat. A880
5A005



Melatonin+

200 mg L-theanine

3 mg Melatonin

DIETARY SUPPLEMENT
60 SOFTGELS

Natural Acting Sleep Aid[†]
Ingredients to help relax
the mind and
support sleep[†]
Fall Asleep
Naturally**
100% Drug Free



† This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

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 imprinted seal under cap is broken or missing.**

WARNING: This product contains melatonin. Do not use this product unless advised by a physician if you are pregnant,

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel

Calories 5

L-theanine 200 mg

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.

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.

Distributed by: **Nature Made Nutritional Products,**

Mission Hills, CA 91346-9606, **U.S.A.**

1-800-276-2878 • www.NatureMade.com

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

Melatonin + L-theanine 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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Lot.:
Exp.: