

Provides Natural Daytime & Nighttime Menopause Relief†

AM FORMULA

PM FORMULA

Directions: Take 1 capsule from AM bottle in the morning.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

Amount Per Serving	%DV
Vitamin B-1 (as Thiamine Hydrochloride)	3 mg 250%
Vitamin B-2 (Riboflavin)	3.4 mg 260%
Vitamin B-6 (as Pyridoxine Hydrochloride)	4 mg 240%
Folate	667 mcg DFE 170%
	(400 mcg Folic Acid)
Vitamin B-12 (as Cyanocobalamin)	12 mcg 500%
Calcium (from Calcium Carbonate)	125 mg 10%
Soy Extract (Glycine max (soy germ))	62 mg *
Soy Isoflavones	25 mg *
Black Cohosh Extract (Cimicifuga racemosa/rhizome)	40 mg *
Triterpene Glycosides	1 mg *

*Daily Value (DV) not established.

Other Ingredients: Gelatin, Maltodextrin, Magnesium Stearate, Gum Acacia, Dibasic Calcium Phosphate.

Contains: Soy

WARNING: Consult your healthcare professional prior to use if you have or suspect a medical condition or are taking prescription drugs. Do not use this product if you have or have a history of liver problems and/or disease or frequently use alcoholic beverages. Do not exceed recommended dose. Discontinue use and consult your healthcare professional if unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, brown urine, light-colored stools, yellow eyes or skin occur. Not for use by individuals under 18 years of age or who are pregnant or lactating.

Manufactured by NATROL LLC
Chatsworth, CA 91311, USA
1-800-2-NATROL (800-262-8765)
www.natrol.com

Directions: Take 1 capsule from PM bottle half an hour before sleeping.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

Amount Per Serving	%DV
Calcium (from Calcium Carbonate)	175 mg 15%
Soy Extract (Glycine max (soy germ))	62 mg *
Soy Isoflavones	25 mg *
Melatonin	1 mg *

*Daily Value (DV) not established.

Other Ingredients: Gelatin, Maltodextrin, Gum Acacia, Magnesium Stearate.

Contains: Soy

NO: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Yeast, Artificial Colors or Flavors, Added Sugar or Preservatives

WARNING: If you are under medical supervision or using any tranquilizers or sedatives, seek the advice of your healthcare professional prior to using. Consult your physician before using if you have an autoimmune condition, depressive disorder or are pregnant or lactating. Do not take when operating machinery or driving a vehicle.

**STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

† 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.



AM FORMULA

Soy Isoflavones & Black Cohosh naturally relieve hot flashes†

B Vitamins support a healthy mood†

Calcium helps maintain bone mass that decreases with age†

NATROL® Complete Balance™

MENOPAUSE RELIEF

Provides Natural Daytime
& Nighttime Menopause Relief†

Hormone-Free

AM FORMULA

Helps Relieve Hot Flashes†
Supports a Healthy Mood†
Supports Strong Bones†

PM FORMULA

Helps Relieve Night Sweats†
Promotes Healthy Sleep†
Supports Strong Bones†



PM FORMULA

Soy Isoflavones naturally relieve night sweats†

Melatonin promotes a more restful, relaxing sleep†

Calcium helps maintain bone mass that decreases with age†

TWO 30 CAPSULE BOTTLES (60 TOTAL)

DIETARY SUPPLEMENT

Melatonin is a nighttime sleep aid for occasional sleeplessness.†