Directions: Take 1 tablet 20 minutes before bedtime.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 60

Amount Per Serving		%DV*
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	590%
5-HTP (5-Hydroxytryptophan) [from *Griffonia simplicifolia* (seed)]	50 mg	*
Melatonin	6 mg	*

*Daily Value (DV) not established.

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Methylcellulose, Silicon Dioxide, Stearic Acid, Hypromellose, Maltodextrin, Cellulose Gum, Beet Root Extract, Magnesium Stearate, Glycerin.

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

WARNING: Consult your healthcare professional prior to use if you have or suspect a medical condition or are taking prescription drugs including drugs for depression, migraine, Parkinson's disease or psychiatric disorder, or if you are using any tranquilizers or sedatives. Consult your healthcare professional if you have an autoimmune condition or depressive disorder. Do not use if you are pregnant or lactating, or under the age of 18 years. Do not use with other supplements containing L-Tryptophan or 5-HTP. 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.

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

Natrol® Advanced Sleep Melatonin + 5-HTP

Advanced Triple Action sleep formulation to help you overcome the three most common sleep concerns—a racing mind, difficulty falling asleep and difficulty sleeping through the night—to help you get the best sleep so you can wake up refreshed.

Calm the Mind
5-HTP releases quickly to help calm the racing mind so you can relax before falling asleep†

Fall Asleep Faster
Melatonin releases quickly to help you fall asleep faster†

Stay Asleep Longer
A controlled release of Melatonin helps you sleep through the night†

Melatonin is a Nighttime Sleep Aid for Occasional Sleeplessness†

NATROL®

Melatonin + 5-HTP

ADVANCED SLEEP

Triple Action Formula

Calm the Mind†
Fall Asleep Faster†
Stay Asleep Longer†

100% Drug-Free

TIME RELEASE

VEGETARIAN

60 BI-LAYER TABLETS DIETARY SUPPLEMENT

Ingredients for a Great Night's Sleep

5-HTP–A naturally occurring amino acid that increases production of Serotonin to promote calm and relaxation and help with occasional anxiety†

Melatonin–A naturally occurring hormone produced by the brain to help the body manage the "Sleep-Wake" cycle†

Vitamin B-6–Essential vitamin that supports the body's natural production of Melatonin†

Melatonin and 5-HTP are 100% drug-free and non-habit forming.

Bi-Layer Controlled Release Tablet

Ingredients are released in stages to more effectively help you relax, fall asleep and stay asleep†

Actual Size