

Natrol® Melatonin Calm Sleep

- Helps establish normal sleep patterns*
- L-Theanine is an amino acid that helps reduce stress, helping you relax before bed†
- Fast Dissolve form—take anytime, anywhere; no water needed
- 100% Drug-free and non-habit forming

Melatonin is a nighttime sleep aid for occasional sleeplessness.*

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 healthcare professional before using if you have an autoimmune condition, depressive disorder or are pregnant or lactating. Not for use by children under 12 years of age. Do not take when operating machinery or driving a vehicle.

*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.

ITEM: 6046 947 F: 3002900 L: 2009420-10992



Directions: Take 1 tablet 20 minutes before bedtime. No water necessary.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 60

Amount Per Serving	%DV
L-Theanine 25 mg	*
Melatonin 6 mg	*

*Daily Value (DV) not established.

Other Ingredients: Xylitol, Cellulose Gum, Soy Polysaccharides, Maltodextrin, Dextrase, Croscavendin, Modified Food Starch, Malic Acid, Silicon Dioxide, Natural Flavor System, Stearic Acid, Beet Root Extract, Hydroxypropyl Cellulose, Magnesium Stearate, Citric Acid.

Contains: Wheat and Soy

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

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

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

NATROL® Melatonin Calm Sleep

SLEEP

**FAST
DISSOLVE**



STRAWBERRY
NATURAL FLAVOR

60 TABLETS

Fall Asleep Faster,
Stay Asleep Longer*

Helps Reduce Stress†

100% Drug-Free



VEGETARIAN

DIETARY SUPPLEMENT

Natrol® Melatonin Calm Sleep

NATROL®

Melatonin Calm Sleep

SLEEP



Calm Down

L-Theanine releases quickly to help reduce occasional stress and calm you before sleep†



Fall Asleep

Melatonin releases quickly to help you fall asleep faster, and stay asleep longer*

Fast Dissolve form—Take anytime, anywhere; no water needed.

Melatonin is a nighttime sleep aid for occasional sleeplessness.*

Melatonin and L-Theanine are 100% drug-free and non-habit forming

Fall Asleep Faster,
Stay Asleep Longer*

Helps Reduce Stress†

100% Drug-Free

**FAST
DISSOLVE**



STRAWBERRY
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How Melatonin Works

Melatonin is naturally produced in the pineal gland of the brain. Production is triggered when the sun goes down, signaling the body to prepare for sleep.

Melatonin plays a key role in the body's circadian rhythm—the "Sleep-Wake" cycle—by helping to establish normal sleep patterns and promote a more restful, relaxing sleep.*

Ingredients for a Great Night's Sleep

L-Theanine—A naturally occurring amino acid that promotes calm and relaxation, and helps reduce stress and occasional anxiety*

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

LOT#EP