

The Importance of Sleep

A good night's sleep can help restore your body, promote a healthy immune system and may help you maintain a healthy body weight.[†]

Not only does Melatonin help you sleep, it has also been shown to reduce anxiety. It does this by affecting neurotransmitters in the brain that are involved in relaxation and sleep.[†]

Health experts report that sleep is more than merely "down time" when the brain shuts off and the body rests.[†]

Adequate sleep is essential to overall health and performance and plays a role in the ability to learn, create memories, solve problems and maintain a healthy mental outlook. In contrast, lack of sleep can result in mood swings and an inability to focus and respond quickly.[†]

Now you can enjoy a restful sleep with **Natrol® Advanced Sleep Melatonin!**

Fall Asleep. Stay Asleep.[†]

Melatonin levels typically rise as darkness falls to help you get the rest you need. However, Melatonin levels may decrease as you age, making it harder to get a good night's sleep.[†]

When the lights go out tonight, make sure your body has plenty of Melatonin to help you fall asleep and stay asleep.[†]

Natrol® Advanced Sleep Melatonin is the first and only product to deliver 10mg of Melatonin with a unique **2-Layer Technology**. The **Outer Layer** first releases Melatonin quickly to help you fall asleep fast. The **Inner Layer** then releases Melatonin slowly, to help you stay asleep longer.[†]

Get the rest you need with **Natrol® Advanced Sleep Melatonin.**[†]

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 or depressive disorder or are a pregnant or lactating woman. Not for use by children under 12 years of age. Do not take when operating machinery or driving a vehicle.

NATROL

Advanced Sleep Melatonin 10mg

Maximum Strength

- Fall Asleep & Stay Asleep[†]
- Controlled Release
- Drug-Free & Non Habit-Forming

60
Tablets



DIETARY SUPPLEMENT

Directions: Take 1 tablet 20 minutes before bedtime.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Vitamin B6 (as Pyridoxine HCl)	10 mg	500%
Melatonin	10 mg	*

*Daily Value (DV) not established.

Other Ingredients: Cellulose, Dibasic Calcium Phosphate, Hypromellose, Magnesium Stearate, Stearic Acid, Silica, Methylcellulose, Glycerin.

Manufactured by NATROL, Inc.

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www.natrol.com

NO Yeast, Wheat, Corn, Milk, Egg, Soy, Artificial Colors or Flavors, Added Sugar or Preservatives

STORE IN A COOL, DRY PLACE.

KEEP OUT OF REACH OF CHILDREN.

ACTUAL
SIZE

[†] 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.