

Recommendation: Shake well before each use. Take 2.5 droppers (2.5 mL) before bedtime. May be taken directly or combined with water or juice.

Warning: Do not use this product if you are pregnant, attempting to become pregnant, nursing, taking any medications, being treated for depression, diabetes, seizures, blood clotting disorders, or disorders of the immune or endocrine systems, unless advised by a healthcare professional. Avoid taking with alcohol or products that increase drowsiness. Do not take melatonin while operating a motor vehicle or machinery, and do not exceed suggested dose without the advice of a healthcare professional.

Supplement Facts

Serving Size 1/2 teaspoon (tsp) (2.5 mL)

Servings per Container 23

Amount per Serving	% DV
Calories	5
Total Carbohydrate	1 g <1%†
Total Sugars	0 g **
Includes 0 g Added Sugars	0%†
Sugar Alcohol	1 g **
L-Theanine (Suntheanine® brand)	200 mg **
Nighttime Herbal Blend: Passionflower Extract (aerial parts), Lemon Balm Extract (leaf)	20 mg **
Melatonin	5 mg **

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: glycerin, purified water, citric acid (preservative to maintain freshness), vegetable and fruit juice color, natural flavor

Keep out of reach of children. Safety sealed for your protection with printed outer shrink band around bottle cap. Do not use if seal is broken or missing. Store in a cool, dry place.

NON-ALCOHOLIC • GLUTEN FREE.

No sugar, salt, yeast, wheat, soy, dairy products, or artificial flavors.

Suntheanine®, a patented form of L-Theanine, is a registered trademark of Taiyo International, Inc.

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Questions? 1-800-9NATURE / naturerway.com



To open child-resistant cap
push down lid while turning
counter-clockwise

Sleep tonight™

Easy-to-absorb Melatonin drops can help regulate the sleep cycle, so you can fall asleep for a more productive tomorrow.*

Melatonin
to promote
restful sleep*

5
mg

L-Theanine
(Suntheanine®)
to promote
relaxation*

200
mg

**Nighttime
Herbal Blend:**
passionflower
and lemon balm



*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

SINCE **Nature's Way** 1969

Sleep tonight™

Melatonin Drops

WITH L-THEANINE (Suntheanine®) & HERBALS

Easy-to-Absorb Liquid Non-Habit Forming Sleep Support*

Cherry Flavored 
NON-ALCOHOLIC

Dietary Supplement 2 fl oz (59 mL)

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**Easy-to-Absorb
Non-Habit Forming**



 **VEGETARIAN**

