



DIRECTIONS: As a dietary supplement for adults, one or two tablets 30 minutes before bedtime. For extra-strength activity, take 3 tablets, 30 minutes before bedtime.

NOTICE: For adult use only. If you have any of the following conditions, this product should be used only with the advice of a qualified healthcare practitioner: Pregnancy, lactation, serious illness, autoimmune disorders, diabetes, depression, endocrine disorders or during use of antidepressants or other prescription medications. Do not drive or operate heavy machinery while using.

Supplement Facts

Serving Size 1 or 2 Tri-Phase Tablets
Servings Per Container 30 or 15

Amount	Per 1 Tablet	Per 2 Tablets
Casein decapeptides (milk protein)‡	50 mg†	100 mg†
5-HTP (5-hydroxytryptophan)	25 mg†	50 mg†
L-theanine (free form amino acid)	25 mg†	50 mg†
Lemon Balm (<i>Melissa officinalis</i> L.)	25 mg†	50 mg†
Melatonin (N-acetyl-5-methoxytryptamine)	1.5 mg†	3 mg†

†Daily Value not established. ‡Lactium®

Other ingredients: Microcrystalline cellulose, di-calcium phosphate, stearic acid, hydroxypropyl methylcellulose, **Botanical Calming Blend** (hops [*Humulus lupulus*], chamomile [*Matricaria recutita* flower], pomegranate [*Punica granatum*], noni [*Morinda citrifolia*], goji [*Lycium barbarum*], açai [*Euterpe oleracea*], mangosteen [*Garcinia mangostana* L.]), vegetable cellulose, magnesium stearate, natural color (beet) and pharmaceutical glaze. Contains lactose-free milk.

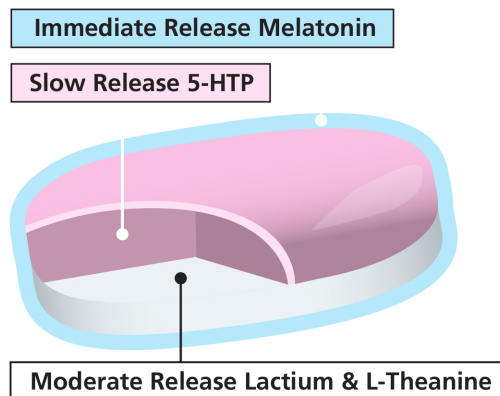
Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc., makers of **NaturesPlus**
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PRODUCT NO. 4759



Nutritional Support for Healthy Sleep Function.*

NaturesPlus® Dreaminol® Tablets feature a revolutionary Triple-Phase Release System to help you fall fast asleep – and stay asleep the whole night through. **Dreaminol's** rapid-release Melatonin quickly promotes the neurological conditions for immediate drowsiness. Moderate-release Lactium and L-theanine follow, with Lactium nutritionally providing four to six hours of calming sleep support and L-theanine promoting healthy brain serotonin production. And extended-release 5-HTP provides the serotonin precursor your body needs for healthy sound sleep late into the night. In a base of calming and antioxidant botanicals, **Dreaminol** is the ultimate in nutritional sleep support!*



LACTOSE FREE • GLUTEN FREE • CONTAINS NO egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, soybeans, artificial colors or preservatives. • **CONTAINS NO GMO** (genetically modified organisms) or human variant BSE (Bovine Spongiform Encephalopathy).

KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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