

DAY

Directions: Take 1 white tablet, one or two times daily, with food. Do not exceed recommended dose.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 10

Amount Per Serving		%DV
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	590%
Folate	333 mcg DFE (200 mcg Folic Acid)	80%
Vitamin B-12 (Cyanocobalamin)	50 mcg	2080%
5-HTP (5-Hydroxytryptophan) [from <i>Griffonia simplicifolia</i> (seed)]	50 mg	*
L-Theanine (Suntheanine®)	50 mg	*

*Daily Value (DV) not established.

Other Ingredients: Dibasic Calcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Hypromellose, Silicon Dioxide, Magnesium Stearate, Cellulose Gum, Methylcellulose, Glycerin.

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

NIGHT

Directions: Take 1 tan tablet before bedtime.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 10

Amount Per Serving		%DV
Vitamin E (as d-Alpha Tocopheryl Succinate)	25 mg	170%
Calcium (from Calcium Carbonate)	72 mg	6%
L-Glutamine	800 mg	*
Valerian Extract [<i>Valeriana officinalis</i> (root)]	100 mg	*
Grape Seed Extract (<i>Vitis vinifera</i>)	25 mg	*
Melatonin	3 mg	*

*Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Maltodextrin, Stearic Acid, Silicon Dioxide, Cellulose Gum, Hypromellose, Methylcellulose, Magnesium Stearate, Gum Arabic, Glycerin, Ethylcellulose.

Contains: Soy

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

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

DAY

Natrol® Stress & Anxiety daytime formula promotes calm and relaxation during the day.†

- **5-HTP** supports serotonin which helps enhance mood.†
- **Vitamins B-6, B-12 and Folic Acid** help maintain emotional well-being.†
- **L-Theanine** ensures relaxation without making you drowsy.†

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, migraines, Parkinson's disease or psychiatric disorders. Do not use with other supplements containing L-Tryptophan or 5-HTP. Do not use if you are pregnant, lactating or under the age of 18 years.

TAMPER EVIDENT PACKAGING. TABLETS ARE SEALED IN BLISTERS.

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

NATROL®
Stress & Anxiety

MOOD & STRESS

DAY

Promotes Calm & Relaxation†
Helps Reduce Occasional Anxiety†
100% Drug-Free

NIGHT

Fall Asleep Faster†
Stay Asleep Longer†
100% Drug-Free



VEGETARIAN

TWO 10 TABLET BLISTER PACKS (20 TOTAL)
DIETARY SUPPLEMENT

NIGHT

Natrol® Stress & Anxiety nighttime formula promotes restorative sleep, helping you to wake up refreshed and ready to tackle the day.†

- **Melatonin** helps you fall asleep faster and stay asleep longer.†
- **Antioxidants** protect your body from oxidative damage, helping you cope with stress.†

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.

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

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LOT/EXP: