



## Melatonin 3 mg + 200 mg L-theanine Liquid Softgels

Nature Made Melatonin + 200 mg L-theanine contains 3 mg of melatonin, which naturally occurs in your body.

- Helps regulate sleep cycles<sup>†</sup>
- L-theanine is clinically shown to help relax the mind<sup>†</sup>

Count 60

Type Softgels

Frequency 1 Daily

Dosage 200 mg

Nature Made® product formulas may change from time to time. Please consult the label on the product that you purchased for product composition information.

Nature Made Melatonin + L-theanine contains two ingredients to help support sleep - L-theanine and melatonin. L-theanine is an amino acid, which was originally discovered as a constituent of green tea in 1949, and is now used in its synthetic and natural form globally. Clinical studies show L-theanine helps relax the mind.<sup>†</sup> Melatonin plays a natural role in the body's sleep cycle.<sup>†</sup> Both ingredients can help you fall asleep naturally.<sup>†</sup>

**Colors Derived from Natural Sources • No Synthetic Dyes • No Artificial Flavors • No Yeast or Starch • Gluten Free**

**SUGGESTED USE:** Take one Melatonin + L-theanine softgel one hour before bedtime. Do not exceed one softgel daily unless recommended by a healthcare professional. For easier swallowing, take with water before and during ingestion. Store in a cool, dry place. Keep out of the reach of children. **Do not use if imprinted seal under cap is broken or missing.**

**WARNING:** This product contains melatonin. Do not use this product unless advised by a physician if you are pregnant, attempting to become pregnant or nursing; or if you are taking any medications or have any chronic disease, including hypertension (high blood pressure), diabetes, or an endocrine, auto-immune, depressive, bleeding or seizure disorder. Side effects may include headaches, dizziness, nausea or loss of appetite. Do not take melatonin while operating a motor vehicle or machinery. Not intended for individuals under the age of 18. Consult a healthcare professional if you are experiencing persistent sleep difficulties. Do not drive or operate machinery within eight hours of taking this product or if you feel groggy. Consult a healthcare professional for use beyond four weeks.

### Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel

Calories 5

L-theanine 200 mg \*

Melatonin 3 mg \*

\*Daily Value not established.

Melatonin + L-theanine softgels are made to Nature Made's guaranteed purity and potency standards.

\*\*Provides ingredients that work with your body to help you fall asleep without drugs.<sup>†</sup>

**OTHER INGREDIENTS:** Medium Chain Triglycerides, Gelatin, Glycerin, Rapeseed Lecithin, Yellow Beeswax, Water, Colors Added (Including Carmine).

Distributed by: **Nature Made Nutritional Products,**

Mission Hills, CA 91340-9606, U.S.A.

1-800-276-2878 • [www.NatureMade.com](http://www.NatureMade.com)

Encapsulated and Quality Tested in the U.S.A.

**†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.**

A good night of sleep helps us to wake up feeling refreshed and ready to get on with our day.

Melatonin is a hormone produced in the pineal gland that helps to regulate the body's natural biorhythm, or sleep/wake cycle. L-theanine is an amino acid naturally found in green tea, and now used in its synthetic and natural form globally. L-theanine is clinically shown to increase the alpha wave activity in the brain to help relax the mind.<sup>†</sup> Nature Made Melatonin + 200 mg L-theanine helps to relax your mind and help you fall asleep, naturally.<sup>†</sup>

Nature Made Melatonin + 200 mg L-theanine is guaranteed to meet our high quality standards – it is made from carefully selected ingredients under strict manufacturing processes.

- No Artificial Flavors
- No Preservatives
- No Yeast or Starch
- Gluten Free

<sup>††</sup>Provides ingredients that work with your body to help you fall asleep without drugs.<sup>†</sup>

<sup>†</sup> 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.