

Natrol® Melatonin 3mg Time Release:

- 2-Layer Tablet—outer layer releases Melatonin quickly to help you fall asleep faster, followed by the controlled release of an inner layer to help you sleep through the night†
 - Contains Vitamin B-6 to support the body's natural production of Melatonin†
 - Helps establish normal sleep patterns†
 - 100% Drug-free and non-habit forming
- Melatonin is a nighttime sleep aid for occasional sleeplessness.†

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

† 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.

ITEM: 458.911 F: 3002245 L: 2008751-17093



NATROL®

Melatonin

SLEEP

Fall Asleep Faster,
Stay Asleep Longer†

100% Drug-Free



TIME RELEASE

3mg



VEGETARIAN

100 TABLETS

DIETARY SUPPLEMENT

Directions: Take 1 tablet 20 minutes before bedtime.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 100

Amount Per Serving		%DV
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	590%
Melatonin	3 mg	*

*Daily Value (DV) not established.

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

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

WARNING: You may experience some residual drowsiness. 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 prior to use 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

LOT/EXP: