

Directions: Take 1 tablet as needed in the middle of the night. Dissolve in mouth or chew before swallowing. No water necessary. For best results, take at least 3 hours before waking.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

Amount Per Serving		%DV
L-Theanine	50 mg	*
Melatonin	3 mg	*

*Daily Value (DV) not established.

Other Ingredients: Xylitol, Maltodextrin, Soy Polysaccharides, Croscopovidone, Modified Food Starch, Organic Rice Concentrate, Stearic Acid, Magnesium Stearate, Hydroxypropyl Cellulose, Natural Flavors, Citric Acid, Gum Arabic.

Contains: Wheat and Soy

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

WARNING: If you are taking medication, have any medical condition, are pregnant or lactating, have an autoimmune condition or depressive disorder, consult a physician before using this product. Do not take while operating machinery or driving a vehicle. Not for use by children under 4 years of age. Consult a physician before use in children.

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.

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

Take When You Wake During the Night

Keep Natrol® 3 a.m. Melatonin nearby so the next time you wake you can reach for an easy-to-take fast dissolve tablet to fall asleep and wake up rested.†

- **Melatonin:** Helps guide sleep-wake cycles.†
- **L-Theanine:** Naturally occurring amino acid that promotes calm.†
- **Fast Dissolve Form:** Can be chewed or dissolved in the mouth without water.

*Melatonin is a solution for occasional sleeplessness.†

The #1 Brand of Melatonin^

^Nielsen xAOC 52 weeks ending 9/5/2020

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NATROL®

3 a.m. Melatonin

SLEEP

For Middle of the Night Wakeups†*

Helps You Fall Asleep Faster†

FAST DISSOLVE



LAVENDER VANILLA

100%
DRUG
FREE

100% MORE

60 TABLETS

DIETARY SUPPLEMENT



For Middle of the Night Wakeups†*

Occasionally waking up in the middle of the night can be a nightmare. Natrol® 3 a.m. Melatonin makes restless nights a thing of the past.*

- 100% Drug-free
- Non-habit forming
- Sugar-free
- Non-GMO
- Vegetarian
- No artificial colors, flavors or sweeteners

Natrol.com