Natrol® 3 a.m. Melatonin Fast Dissolve:

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

- Melatonin: Helps guide sleep-wake cycles.†
- L-Theanine: Naturally occurring amino acid that promotes calm.†

*Melatonin is a solution 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.

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NATROL®

3 a.m. Melatonin

SLEEP

FAST DISSOLVE

For Middle of the Night Wakeups†*

Helps You Fall Asleep Faster†

LAVENDER VANILLA

100% DRUG FREE

60 TABLETS

DIETARY SUPPLEMENT

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, Crospovidone, 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.

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

LOT/EXP: