

How Melatonin Works

Melatonin is naturally produced in the pineal gland of the brain. Production is triggered when the sun goes down, signaling the body to prepare for sleep.

Melatonin plays a key role in the body's circadian rhythm—the “Sleep-Wake” cycle—by helping to establish normal sleep patterns and promote a more restful, relaxing sleep.[†]

Getting Good Sleep

In addition to helping you wake up feeling refreshed and energized, getting good sleep has a range of long-term benefits. Getting better sleep can contribute to a healthier life overall with everything from sharper brain functioning to more balanced weight.[†]

Melatonin is a Nighttime Sleep Aid for Occasional Sleeplessness[†]

NATROL®

Melatonin

ADVANCED SLEEP

Advanced Formulation
to Promote Better Sleep[†]

Fall Asleep Faster,
Stay Asleep Longer[†]

100% Drug-Free

TIME
RELEASE



10mg

MAXIMUM
STRENGTH



VEGETARIAN

30 TABLETS DIETARY SUPPLEMENT

Directions: Take 1 tablet 20 minutes before bedtime.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 30

Amount Per Serving		%DV
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	590%
Calcium (from Dibasic Calcium Phosphate)	23 mg	2%
Melatonin	10 mg	*

*Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Methylcellulose, Magnesium Stearate, Stearic Acid, Silicon Dioxide, Hypromellose, 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.

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

Natrol® Advanced Sleep Melatonin 10mg Time Release

Advanced sleep formulation
to help you get the best sleep

- 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



Quick-release
outer layer

Controlled-release
inner layer

(Image larger than actual size)