

# NATROL

## Sleep 'n Restore®

### SLEEP

Fall Asleep Faster,  
Stay Asleep Longer†

Wake Up Refreshed with  
Powerful Antioxidants†

20 TABLETS

DIETARY SUPPLEMENT

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### SLEEP

### Natrol® Sleep 'n Restore®

Unique nighttime formula that helps promote a more restful, restorative sleep.†

- Melatonin supports normal sleep patterns†
- Valerian helps with occasional anxiousness†
- Antioxidant Vitamin E helps protect cells from oxidative stress†
- Also includes L-Glutamine and Grape Seed Extract

Melatonin is helpful for occasional sleeplessness.†

**WARNING:** This product is not intended to treat insomnia. Do not take while operating machinery, driving a vehicle, or consuming alcohol. Consult a physician before using this product if you are taking medication, have any medical condition, are pregnant or lactating, have an autoimmune condition or depressive disorder, or are between the ages of 12-17. Not for use by children under the age of 12.

**NO:** Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Sesame, Synthetic Dyes, Artificial Flavors, Sweeteners or Preservatives

† 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.

Directions: Take 1 tablet before bedtime.

### Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 20

Amount Per Serving	%DV
Vitamin E (as d-Alpha Tocopheryl Succinate)	25 mg 170%
Calcium (from Calcium Carbonate)	72 mg 6%
L-Glutamine	800 mg *
Valerian Extract [ <i>Valeriana officinalis</i> (root)]	100 mg *
Grape Seed Extract [ <i>Vitis vinifera</i> ]	25 mg *
Melatonin	3 mg *

\*Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Maltodextrin, Stearic Acid, Silicon Dioxide, Cellulose Gum, Hypromellose, Methylcellulose, Magnesium Stearate, Gum Arabic, Glycerin, Ethylcellulose.

Contains: Soy

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

Tamper Evident Packaging. Tablets are sealed in blisters.  
STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.  
Visit us at [www.natrol.com](http://www.natrol.com) • Comments or Questions? Call Toll-Free 1-800-2-NATROL (800-262-8765)