

Natrol® Sleep + Calm

helps calm an active mind and
body and ease you to sleep.†

What's Inside:



Melatonin
for better sleep†



L-Theanine
helps calm the mind†
(when used with melatonin)



Botanical Blend
of chamomile,
lavender, lemon balm

NATROL®

SLEEP CALM

Melatonin + L-Theanine,
Botanical Blend

- Calms the mind and body,
eases you to sleep†
- 100% Drug-free

60 GUMMIES
DIETARY SUPPLEMENT



STRAWBERRY
with other natural flavors

DIRECTIONS: Take 2 gummies
30 minutes before bedtime

Supplement Facts

Serving Size: 2 Gummies
Servings Per Container: 30

Amount Per Serving	%DV
Calories	15
Total Carbohydrate	4 g 1%*
Total Sugars	3 g **
Includes 3g Added Sugars	6%*
Sodium	5 mg <1%*
L-Theanine	100 mg **
Proprietary Botanical Blend	25 mg **
Chamomile Extract (<i>Matricaria recutita</i>) (flower), Lemon Balm Extract (<i>Melissa officinalis</i>) (aerial parts), Lavender Extract (<i>Lavandula angustifolia</i>) (aerial parts)	
Melatonin	6 mg **

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

OTHER INGREDIENTS: Organic Tapioca Syrup,
Organic Cane Sugar, Water, Pectin, Natural Flavors,
Citric Acid, Sodium Citrate, Fruit and Vegetable
Juice (color), Coconut Oil, Carnauba Wax.

NO: Milk, Egg, Fish, Crustacean Shellfish,
Peanuts, Wheat, Soybeans.

† 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.

WARNING: This product is not intended
to treat insomnia. 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
12 years of age. Consult a physician
before use in children.

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

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

Sweet, Revitalizing Sleep†

All Natrol Gummies are:

- Non-GMO
- Vegetarian &
Gelatin Free
- No Synthetic Dyes
- No Artificial Flavors,
Sweeteners or
Preservatives

