

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)



Lemon Balm
helps restore a sense
of calm and balance†

* Natrol® SADC, ©2013 Natrol, Inc. 1/13

† 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.

**A powerful blend
to help you wake
up refreshed†**

**Natrol® Sleep+ Calm
capsules:**

- Non-GMO
- No Artificial Flavors,
Sweeteners or
Preservative
- Vegetarian

ITEM: 7914 F:3003463 B: 2010123-21284



NATROL®

NATROL®

**SLEEP+
CALM**

Melatonin + Ashwagandha,
L-Theanine, Lemon Balm

**Supports
revitalizing sleep†
Calms the mind & body†
Helps reduce occasional
stress & anxiety†
100% Drug-free**

**30 CAPSULES
DIETARY SUPPLEMENT**

**#1
DRUG
FREE
SLEEP
AID
BRAND†**

Directions: Take 1 capsule 20-30 minutes
before bedtime.

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 30

Amount Per Serving	%DV
L-Theanine	200 mg *
Sensoril® Ashwagandha (<i>Withania somnifera</i>) Root and Leaf Extract (10% Withanolides)	125 mg *
Melatonin	6 mg *
Lemon Balm Extract (<i>Melissa officinalis</i>) (aerial parts)	3 mg *

*Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose,
Hypromellose, Maltodextrin, Silicon Dioxide,
Magnesium Stearate.

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

WARNING: This product is not intended to treat
insomnia. Do not take while operating machinery or
driving a vehicle. 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.

† Sensoril® is a trademark of Natreon, Inc.

**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

APPROX.
FILL LINE