

## Natrol® Sleep+ Recovery

helps support recovery from daily activity and ease you to sleep.†

### What's Inside:



**Melatonin**  
for better sleep†



**Turmeric**  
to help a healthy  
inflammatory  
response†



**Antioxidant Blend**  
powerful blend of  
Quercetin, Green Tea  
and Blueberry

\* Natrol Sleep+ Recovery, © 2010 Natrol LLC, 07/11/12

† 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+ Recovery capsules:

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

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**NATROL**

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**SLEEP+  
RECOVERY**

Melatonin + Turmeric,  
Antioxidant Blend

**Supports  
revitalizing sleep†**

**Helps support a healthy  
inflammatory response†**

**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      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| Turmeric Extract<br>( <i>Curcuma longa</i> ) (rhizome)<br>(95% curcuminoids)                                                                                                                                              | 500 mg * |
| Antioxidant Blend<br>(Green Tea Extract ( <i>Camellia sinensis</i> )<br>(leaf), Blueberry Extract ( <i>Vaccinium</i><br><i>angustifolium</i> ) (fruit), Quercetin,<br>Resveratrol ( <i>Polygonum cuspidatum</i> ) (root)) | 25 mg *  |
| Melatonin                                                                                                                                                                                                                 | 6 mg *   |
| Black Pepper Extract<br>( <i>Piper nigrum</i> ) (fruit) (95% piperine)                                                                                                                                                    | 5 mg *   |

\*Daily Value (DV) not established.

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

**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.

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

Manufactured for NATROL LLC, Chatsworth, CA 91311, USA  
1-800-2-NATROL (800-252-8765) • [www.natrol.com](http://www.natrol.com)

APPROX.  
FILL LINE