

10mg Melatonin per serving

WAKE UP REFRESHED*
DRUG-FREE SLEEP AID*

NATURE'S BOUNTY
GOLD SERIES

Sleep3

MAXIMUM STRENGTH - 10mg Melatonin

TRIPLE ACTION
TIME-RELEASE
TECHNOLOGY



- 1 CALMING EFFECT**
With L-Theanine & Nighttime Herbal Blend*
- 2 FALL ASLEEP FASTER**
With Quick-Release Melatonin*
- 3 LONG LASTING SLEEP**
With Time-Release Melatonin*

60 TRI-LAYERED TABLETS / DIETARY SUPPLEMENT

NATURE'S BOUNTY

GOLD SERIES

Sleep3

MAXIMUM STRENGTH - 10mg Melatonin

Nature's Bounty® Sleep3 is a triple action, 100% drug-free sleep aid.* Each tablet leverages time-release technology to dissolve each layer at different times throughout the night to help you relax and get a good night's sleep so you can wake up ready to take on the day.*

Melatonin plays a vital role in the maintenance of circadian rhythm "sleep-wake cycle", sleep induction and sleep duration.*

L-Theanine interacts with the neurotransmitter GABA, to support a calm and relaxed mood.* Our proprietary Nighttime Herbal Blend includes Chamomile, Lavender, Lemon Balm and Valerian Root extracts.

For occasional sleeplessness*

✓ Guaranteed Quality ✓ Laboratory Tested

DIRECTIONS: For adults, take one (1) tablet 30 minutes before bedtime.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value
L-Theanine	200 mg **
Nighttime Herbal Blend	50 mg **
Chamomile Extract (<i>Matricaria recutita</i>) (flower), Lavender Extract (<i>Lavandula officinalis</i>) (aerial), Lemon Balm Extract (<i>Melissa officinalis</i>) (leaf), Valerian Root Extract (<i>Valeriana officinalis</i>) (root)	
Melatonin	10 mg **

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Maltodextrin, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Silica, Vegetable Juice Color, Vegetable Glycerin.

50 YEARS OF TRUSTED QUALITY

At Nature's Bounty, we are committed to your health. For 50 years we have been making trusted products, backed by science, and made with only the purest ingredients...guaranteed. So you can get the most out of life every day.

3 Benefits in One Pill

Benefit 1:

Calming L-Theanine combined with a blend of nighttime herbs chamomile, lavender, lemon balm and valerian root extracts to help you relax and unwind.*

Benefit 2:

Quick-release melatonin helps you fall asleep fast.*

Benefit 3:

Time-release melatonin works with your body's natural sleep cycle to help you stay asleep.*

TRIPLE ACTION
TIME-RELEASE
TECHNOLOGY



Non-GMO, No Artificial Flavor, No Artificial Sweetener, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free. Suitable for Vegetarians.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to ragweed or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if blister seal is cut, torn or open.

***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.**

Distributed by **NATURE'S BOUNTY (NY), INC.**
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