

Natrol® 3 a.m. Melatonin Fast Dissolve:

Keep Natrol® 3 a.m. Melatonin nearby so the next time you wake you can reach for an easy-to-take fast dissolve tablet.

* This product is helpful for occasional sleeplessness.†

WARNING: This product is not intended to treat insomnia or other sleep disorder. Consult a physician before using this product if under the age of 18, taking medication, have any medical condition, are pregnant or lactating, have an autoimmune condition or depressive disorder. Melatonin may cause drowsiness or sleepiness, do not take when driving or operating heavy machinery, or consuming alcohol. If adverse reactions occur, discontinue use. For occasional short-term use only. Use only as directed and do not exceed suggested use. This product should never substitute healthy sleep practices.

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

† 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.

ITEM: 7819.911 F: 3003352 L: 2010306-23174





NATROL®

SLEEP

3 a.m. Melatonin

FAST DISSOLVE 

**100%
DRUG
FREE**

-  For middle of the night wakeups†*
-  Helps you fall asleep faster†

60 Tablets
DIETARY SUPPLEMENT


**Lavender
Vanilla**
flavored

SUGGESTED USE: Adults, take 1 tablet as needed in the middle of the night. Dissolve in mouth or chew before swallowing. No water necessary. For best results, take at least 3 hours before waking.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 60

Amount Per Serving	%DV
L-Theanine	50 mg *
Melatonin	3 mg *

*Daily Value (DV) not established.

Other Ingredients: Xylitol, Dextrin, Maltodextrin, Soy Polysaccharides, Croscopvidone, Rice Concentrate, Stearic Acid, Magnesium Stearate, Natural Flavors.

Contains: Wheat, Soy
Distributed by NATROL LLC
Sherman Oaks, CA 91403, USA
1-800-2-NATROL (800-262-8765)
www.natrol.com

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

Do not use if safety seal is damaged or missing.

APPROX.
FILL LINE 

LOT/EXP: