





## Natrol® Magnesium Night

is a powerful blend that helps you relax and sleep better so you wake up feeling rested and refreshed.†

 **Magnesium Blend (includes Magnesium Glycinate):** formulated with a high absorption blend that helps calm the mind and body†

 **Sleep Blend:** formulated with Glycine and GABA to support a calm and relaxed state of mind, and Melatonin to help you fall asleep fast†

### Magnesium can help in many other ways too:

-  Promotes better mood and positive outlook†
-  Supports muscle relaxation†
-  Supports nerve and bone health†

A tasty and convenient way to replenish the body's magnesium levels

ITEM: 8050-24136 F: NA2-8050



Lot #. Best Used Before:

This product is helpful for occasional sleeplessness.†

†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.

# NATROL®

## MOOD + STRESS

## HIGH ABSORPTION

# Magnesium Night 325mg

Per Serving

as Magnesium Carbonate & Glycinate + Sleep Blend

-  A soothing sleep blend that calms the mind, relaxes the body, and promotes better sleep†

16.3 OZ (1.02 lb) 462 g Powder

DIETARY SUPPLEMENT

Naturally Flavored

100%  
DRUG  
FREE

**SUGGESTED USE:** Easy to Prepare. Adults, mix 1/2 Tablespoon with 6 oz of water, let it fizz and then stir thoroughly. Take 30-60 minutes before bedtime.

### Supplement Facts

Serving Size: 1/2 Tbsp (7.7g)

Servings Per Container: 60

Amount Per Serving		%DV
Magnesium (as Magnesium Carbonate and Magnesium Glycinate)	325 mg	77%
Potassium (as Potassium Bicarbonate)	232 mg	5%
Proprietary Sleep Blend Glycine, Gamma-Aminobutyric Acid (GABA), Lemon Balm Leaf Complex ( <i>Melissa officinalis</i> L.), Melatonin	2.4 g	*

\*Daily Value (DV) not established.

**Other Ingredients:** Citric Acid, Rebaudioside A (Stevia Extract), Beet Root (color), Natural Flavor.

Distributed by NATROL LLC, Sherman Oaks, CA 91403, USA

1-800-2-NATROL (800-262-8765) • [www.natrol.com](http://www.natrol.com)

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

**WARNING:** Not intended for individuals under the age of 12 years. 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, other products containing magnesium, 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 (including gastrointestinal disturbance or diarrhea), 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.**

Do not use if safety seal is damaged or missing.

APPROX.  
FILL LINE