

QUICK DISSOLVING
Outer Layer
To help you fall asleep fast†



CONTROLLED RELEASE
Inner Layer
To help you sleep through the night†

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: 467.941 F: 3002260 L: 2010208-23169





NATROL®

SLEEP

Melatonin 1mg

TIME RELEASE 

**100%
DRUG
FREE**

-  Fall asleep faster, stay asleep longer†
-  Wake up refreshed†

90 Tablets

DIETARY SUPPLEMENT

SUGGESTED USE: Adults, take 1 tablet 30 minutes before bedtime.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 90

Amount Per Serving		%DV
Vitamin B6 (as Pyridoxine Hydrochloride)	10 mg	588%
Melatonin	1 mg	*

*Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Dibasic Calcium Phosphate, Hypromellose, Magnesium Stearate, Stearic Acid, Silicon Dioxide, Methylcellulose, Glycerin.

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, Wheat, Soybeans, Sesame

APPROX.
FILL LINE



Do not use if safety seal is damaged or missing.

LOT/EXP: