

QUICK DISSOLVING
Outer Layer



CONTROLLED RELEASE
Inner Layer

To help you fall asleep fast†

(not actual size)

To help you sleep through the night†


NATROL®

SLEEP

Melatonin 3mg

TIME RELEASE 

**100%
DRUG
FREE**

 Fall asleep faster,
stay asleep longer†

 Sleep support through
the night†

100 Tablets

DIETARY SUPPLEMENT

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

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 100

Amount Per Serving		%DV
Vitamin B6 (as Pyridoxine Hydrochloride)	10 mg	588%
Melatonin	3 mg	*

*Daily Value (DV) not established.

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

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: 458.931 F: 3002245 L: 2010205-23172

