

QUICK DISSOLVING
Outer Layer

To help you fall asleep fast†



(not actual size)

CONTROLLED RELEASE
Inner Layer

To help you sleep through the night†

This product is helpful for occasional sleeplessness.†

WARNING: Not intended for individuals under the age of 18 years. This product is not intended to treat insomnia or other sleep disorder. Consult a physician before using this product if taking medication, have any medical condition, are pregnant or lactating, have an autoimmune condition or depressive disorder, using any tranquilizers or sedatives. 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 dose. 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: 4837.931 F: 3002246 L: 2010237-23122



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NATROL®

SLEEP 

**Melatonin
5mg**

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	10 mg	588%
(as Pyridoxine Hydrochloride)		
Melatonin	5 mg	*

*Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Hypromellose, Magnesium Stearate, Stearic Acid, Silicon Dioxide, Methycellulose, 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

Do not use if safety seal is damaged or missing.

APPROX.
FILL LINE

LOT/EXP: