

Made with clean ingredients

- NO Artificial Flavors
- NO Artificial Preservatives
- NO Artificial Sweeteners
- NON-GMO
- NO Synthetic Dyes

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. 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: 7914 F: 3003463 L: 2010555-23080



NATROL®

SLEEP

Sleep + Calm

**Melatonin + Ashwagandha,
L-Theanine, Lemon Balm**

**100%
DRUG
FREE**

- Supports revitalizing sleep[†]
- Helps reduce occasional stress[†]

30 Capsules

DIETARY SUPPLEMENT

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

Supplement Facts

Serving Size: 1 Capsule

Servings Per Container: 30

Amount Per Serving	%DV
L-Theanine 200 mg	*
Sensoril® Ashwagandha 125 mg (<i>Withania somnifera</i>) Root and Leaf Extract (10% Withanolides)	*
Melatonin 6 mg	*
Lemon Balm Extract 3 mg (<i>Melissa officinalis</i>) (aerial parts)	*

*Daily Value (DV) not established.

Other Ingredients: Hypromellose, Microcrystalline Cellulose, Maltodextrin, Silicon Dioxide, Magnesium Stearate.

Sensoril® Sensoril® is a trademark of Natreon, Inc.

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 Nut, Peanut, Wheat, Soybeans, Sesame.
Do not use if safety seal is damaged
or missing.

APPROX.
FILL LINE

LOT/EXP: