

## Natrol® Melatonin 1mg:

Helps establish normal sleep patterns†

Helps you get better sleep so you wake up refreshed†

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.


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# NATROL®

## SLEEP

# Melatonin 1mg

 Fall asleep faster,  
stay asleep longer†

 Wake up refreshed†

**100%  
DRUG  
FREE**

180 Tablets

DIETARY SUPPLEMENT

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

### Supplement Facts

**Serving Size:** 1 Tablet

**Servings Per Container:** 180

Amount Per Serving		%DV
Vitamin B6 (as Pyridoxine Hydrochloride)	10 mg	588%
Calcium (as Dibasic Calcium Phosphate)	28 mg	2%
Melatonin	1 mg	*

\*Daily Value (DV) not established.

**Other Ingredients:** Microcrystalline Cellulose, Stearic Acid, Cellulose Gum, Silicon Dioxide, Magnesium Stearate.

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

Do not use if safety seal is damaged or missing.

APPROX.  
FILL LINE 

LOT/EXP: