

Natrol® Melatonin is a 100% vegetarian, drug-free sleep aid for relief of occasional sleeplessness. Melatonin helps establish normal sleep patterns to promote a more restful, relaxing sleep and better overall health. The body naturally produces melatonin and Vitamin B6 is essential for melatonin production.†

WARNING: If you are under medical supervision or using any tranquilizers or sedatives, seek the advice of your healthcare professional prior to using. Consult your physician before using if you have an autoimmune condition, depressive disorder or are pregnant or lactating. Not for use by children under 12 years of age. Do not take when operating machinery or driving a vehicle.

**STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

† 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: 16068 F: 3000208 L: 2004326-15082



Actual Size

NATROL® Melatonin 3mg

- Drug-free Nighttime Sleep Aid†
- Melatonin With Vitamin B6 Promotes Normal Sleep Patterns†

240 TABLETS
DIETARY SUPPLEMENT



Directions: Take 1 tablet 20 minutes before bedtime.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 240

Amount Per Serving		%DV
Vitamin B-6 (from Pyridoxine Hydrochloride)	10 mg	500%
Calcium (from Calcium Carbonate)	63 mg	6%
Melatonin	3 mg	*

*Daily Value (DV) not established.

Other Ingredients: Cellulose, Gum Acacia, Silica, Stearic Acid, Magnesium Stearate, Cellulose Gum, Maltodextrin, Hypromellose.

Manufactured by NATROL LLC
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NO Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Wheat, Peanuts, Soybeans, Yeast, Artificial Colors or Flavors, Added Sugar or Preservatives

LOT/EXP: