

(Image not actual size)



2-Layer Controlled Release Tablet

NATROL

Advanced Sleep Melatonin 10 mg

Maximum Strength

1 out of 5 Americans have trouble sleeping.

ARE YOU ONE OF THEM?

The Importance of Sleep

A good night's sleep can help restore your body, promote a healthy immune system and may help you maintain a healthy body weight.[†]

Not only does Melatonin help you sleep, it has also been shown to reduce anxiety. It does this by affecting neurotransmitters in the brain that are involved in relaxation and sleep.[†]

Health experts report that sleep is more than merely "down time" when the brain shuts off and the body rests.[†]

Adequate sleep is essential to overall health and performance and plays a role in the ability to learn, create memories, solve problems and maintain a healthy mental outlook. In contrast, lack of sleep can result in mood swings and an inability to focus and respond quickly.[†]

Now you can enjoy a restful sleep with Natrol® Advanced Sleep Melatonin![†]

Fall Asleep. Stay Asleep.[†]

Melatonin levels typically rise as darkness falls to help you get the rest you need. However, Melatonin levels may decrease as you age, making it harder to get a good night's sleep.[†]

When the lights go out tonight, make sure your body has plenty of Melatonin to help you fall asleep and stay asleep.[†]

Natrol® Advanced Sleep Melatonin is the first and only product to deliver 10 mg of Melatonin with a unique **2-Layer Technology**. The **Outer Layer** first releases Melatonin quickly to help you fall asleep fast. The **Inner Layer** then releases Melatonin slowly, to help you stay asleep longer.[†]

Get the rest you need with Natrol® Advanced Sleep Melatonin.[†]

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 healthcare professional prior to use if you have an autoimmune condition, depressive disorder or are pregnant or lactating. Do not take when operating machinery or driving a vehicle.

Nighttime Sleep Aid[†]

• **Outer Layer:** Releases quickly to help you fall asleep quickly.[†]

• **Inner Layer:** Releases slowly to help you stay asleep longer.[†]

NATROL

Advanced Sleep Melatonin 10 mg

Maximum Strength

- Fall Asleep & Stay Asleep[†]
- Controlled Release
- Drug-Free[†]

60 Tablets

DIETARY SUPPLEMENT

Directions: Take 1 tablet 20 minutes before bedtime.

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
Vitamin B6 (as Pyridoxine HCl)	10 mg 500%
Calcium (from Dibasic Calcium Phosphate)	23 mg 2%
Melatonin	10 mg *

*Daily Value (DV) not established.

Other Ingredients: Cellulose, Dibasic Calcium Phosphate, Hypromellose, Magnesium Stearate, Stearic Acid, Silica, Methylcellulose, Glycerin.

Manufactured by NATROL LLC
Chatsworth, CA 91311 • USA
1-800-2-NATROL (800-262-8765)
www.natrol.com • MADE IN USA

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

100% Vegetarian

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.

ACTUAL SIZE

Priority > Low ☐ Standard ☐ High ☐

Date

Date

OK as is

Show new proof

P.D. Manager / Designee

Sr Marketing Manager

Marketing Director

International / Designee

Compliance / Designee

R&D Director / Designee

ITEM: 5964 F: 3002619 B: 2006029-15033



LOT/EXP: