

**Natrol® Melatonin 1mg Time Release** is 100% vegetarian and offers a biphasic delivery system, which releases melatonin quickly to help you fall asleep fast and then steadily to help you stay asleep all night. 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.<sup>†</sup>

**WARNING:** You may experience some residual drowsiness. 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 or depressive disorder, or are pregnant or lactating. Do not take when operating machinery or driving a vehicle.

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

<sup>†</sup>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: 467.911 F: 3002260 L: 2004661-15049



# NATROL® Melatonin Time Release 1mg

- Helps You Fall Asleep Fast & Stay Asleep All Night<sup>†</sup>
- Time Release Formula
- With Vitamin B6

**90 TABLETS**  
**DIETARY SUPPLEMENT**



**Directions:** Take 1 tablet 20 minutes before bedtime.

## Supplement Facts

**Serving Size:** 1 Tablet

**Servings Per Container:** 90

| Amount Per Serving                             |       | %DV  |
|------------------------------------------------|-------|------|
| Vitamin B-6<br>(from Pyridoxine Hydrochloride) | 10 mg | 500% |
| Melatonin                                      | 1 mg  | *    |

\*Daily Value (DV) not established.

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

**Manufactured by NATROL LLC**  
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**www.natrol.com**

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

LOT/EXP: