

NATROL® MELATONIN supports healthy sleep patterns. The body naturally releases melatonin in response to changes in light, with melatonin levels rising at night. It is in this way that melatonin helps promote sleep.†

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

WARNING: If you are under medical supervision or using any tranquilizers or sedatives, seek the advice of your health practitioner 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.

†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.

3066



Value
Size

NATROL
Melatonin
3 mg

- *Helps Establish Normal Sleep Patterns†*
- *100% Vegetarian*

DIETARY SUPPLEMENT
120 TABLETS

Directions: Take 1 tablet 20 minutes before bedtime.

Supplement Facts

Serving Size 1 Tablet

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

*Daily Value (DV) Not Established

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

Manufactured by NATROL®, INC., Chatsworth, CA 91311
Made in USA
www.natrol.com

NO Yeast, Wheat, Corn, Milk, Egg, Soy, Glutens, Artificial Colors or Flavors, Added Sugar, Starch or Preservatives.