

Natrol® Melatonin supports healthy sleep patterns. The body naturally releases melatonin in response to changes in light, with melatonin levels rising at night. Vitamin B6 is essential for melatonin production. It is in this way that melatonin helps promote sleep.[†]

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: 852.903 F: 3000208 L: 2004097-7229 LOT/EXP:

NO UV

**Sleep
Aid[†]**

NATROL® Melatonin 3 mg

Helps Promote Sleep[†]

- *Helps Establish Normal Sleep Patterns[†]*
- *With Vitamin B6*
- *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 (from Pyridoxine Hydrochloride)	10 mg	500%
Calcium (from Calcium Carbonate)	63 mg	6%
Melatonin (Synthetic)	3 mg	*

*Daily Value (DV) not established.

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

**Manufactured by NATROL, INC., Chatsworth, CA 91311
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NO Yeast, Wheat, Milk, Egg, Soy, Glutens, Artificial Colors or Flavors, Added Sugar, Starch or Preservatives