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 while supporting your body's natural production of 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 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 F: 3000208 L: 2004318-12061

Actual Size

NATROL®
Melatonin
3mg

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

120 TABLETS
DIETARY SUPPLEMENT

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	3 mg	*

*Daily Value (DV) not established.

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

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

NO Yeast, Wheat, Milk, Egg, Soy, Gluten, Artificial Colors or Flavors, Added Sugar or Preservatives

LOT/EXP

NATROL®

Melatonin 3mg

Sleep Support†

Nighttime Sleep Aid†

100% Vegetarian

ITEM: 852 F: 3000208 B: 2005116-12062

3 out of 5 Americans experience occasional sleeplessness at least a few nights per week.

ARE YOU ONE OF THEM?

Nights are better with Natrol® Melatonin

When the lights go out tonight, will your body produce enough melatonin for you to fall asleep? Melatonin levels typically rise as darkness falls to help you get the rest you need. However, Melatonin levels may decrease as you age. You can help nature along with Natrol® Melatonin. A proper level of melatonin can help you to fall asleep fast and stay asleep. †

A good night's sleep can help restore your body, boost your immune system and may help you maintain a healthy body weight. Remember, a great morning starts at night. Get the sleep you need starting with Natrol® Melatonin.†

Melatonin and Vitamin B-6 may help promote relaxation and ease nervous tension.†

Sleep Support, Naturally†

Natrol® Melatonin 3mg is a 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 while supporting your body's natural production of melatonin.†

Why Is Sleep So Important?

Health experts report that sleep is more than merely "down time" when the brain shuts off and the body rests. Rather, the brain is very active during sleep. 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. By contrast, researchers have found that lack of sleep can result in mood swings and an inability to focus and respond quickly.†

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NATROL®

Melatonin 3mg

Sleep Support†

- Drug-free Nighttime Sleep Aid†
- Melatonin With Vitamin B6 Promotes Normal Sleep Patterns†
- May Help Ease Nervous Tension†

120 TABLETS

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Actual Size

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DIETARY SUPPLEMENT