

Own Your Sleep

Put your sleep problems to rest with this advanced formula that addresses the three most common sleep concerns – a racing mind, difficulty falling asleep and difficulty sleeping through the night.*

Relax, Fall Asleep & Stay Asleep.

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

WARNING: Consult your healthcare professional prior to use if you have or suspect a medical condition or are taking prescription drugs including drugs for depression, migraine, Parkinson's disease or psychiatric disorder, or if you are using any tranquilizers or sedatives. Consult your healthcare professional if you have an autoimmune condition or depressive disorder. Do not use if you are pregnant or lactating, or under the age of 18 years. Do not use with other supplements containing L-Tryptophan or 5-HTP. Do not take when operating machinery or driving a vehicle.

ITEM 7229 F: 3003258 L: 2008058-16278



#1 Selling Melatonin Brand in America*

The Key to a Great Night's Sleep

This special formula will help you get your best sleep yet and wake refreshed with no morning grogginess.*

5-HTP is an amino acid that increases production of serotonin and helps promote feelings of calm.*

Melatonin is a naturally occurring hormone produced by the brain to help control your sleep and wake cycles.*

Melatonin and 5-HTP are 100% drug-free, non-addictive and non-habit forming.*



Actual Size

The Bi-Layer Tablet lets the ingredients release in stages to more effectively help you relax, fall asleep & stay asleep.*

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* Source: Nielsen xAO, 52 weeks ending 8/13/16.

NATROL

Advanced Sleep Melatonin + 5-HTP

Triple Action Formula

- Calm Your Mind*
- Fall Asleep Faster*
- Stay Asleep Longer*
- Drug-Free



60 Bi-Layer Tablets
Dietary Supplement

Directions: Take 1 tablet 20 minutes before bedtime.

Supplement Facts

Serving Size: 1 Tablet	
Servings Per Container: 60	
Amount Per Serving	%DV*
Vitamin B6 (as Pyridoxine Hydrochloride)	10 mg 500%
5-HTP (5-Hydroxytryptophan) (from <i>Griffonia simplicifolia</i>) (seed)	50 mg *
Melatonin	6 mg *
*Daily Value (DV) not established.	

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Hypromellose, Silicon Dioxide, Stearic Acid, Maltodextrin, Beef Root Powder, Magnesium Stearate, Cellulose Gum, Methylcellulose, Glycerin.

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

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

* 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.

LOT: 001

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Relax

5-HTP to relax your mind.

Fall Asleep

Melatonin quick release to fall asleep fast.

Stay Asleep

Melatonin controlled release to stay asleep.

Own Your Sleep

Put your sleep problems to rest with this advanced formula that addresses the three most common sleep concerns – a racing mind, difficulty falling asleep and difficulty sleeping through the night.*



Relax

5-HTP calms your mind so you can relax and let the Melatonin get you to sleep.*



Fall Asleep

Melatonin releases quickly to help you fall asleep fast.*



Stay Asleep

A controlled release form of melatonin releases slowly to help you sleep through the night.*

Enjoy your best night's sleep.

NATROL

NEW!

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DIETARY SUPPLEMENT