



- Relax During the Day and Sleep at Night[†]
- Drug-Free & Non-Habit Forming[†]
- Stress Management Tips Inside

Take Control. FEEL BETTER.[†]

Clinically Validated Ingredients

DAY Formula

Consult your healthcare professional prior to use if you have or suspect a medical condition, or are taking prescription drugs including drugs for depression, migraines, Parkinson's disease or psychiatric disorders. Do not use with other supplements containing L-tryptophan or 5-HTP. Do not use if you are pregnant, lactating or under the age of 18 years.

[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

NATROL

Stress & Anxiety



Helps Support:

Calm Focus[†]
Relaxation[†]
Positive Mood[†]



10 TABLETS

Dietary Supplement



Fall Asleep Fast[†]
Helps Reduce
Anxiety[†]



10 TABLETS

Total 20 Tablets

NIGHT Formula

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.

TAMPER EVIDENT PACKAGING.
TABLETS ARE SEALED IN BLISTERS.

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

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

NATROL

Feeling Stressed? You're Not Alone.

With today's economic uncertainty, we are facing more stressors than ever before. Anxiety and worry can interfere with our ability to cope during the day and fall asleep at night. Lack of sleep can lead to feeling fatigued the next day. Under these conditions, our mood can sour and we may begin to feel overwhelmed.[†]

Take Control and Feel Better, Naturally.

Introducing Natrol® Stress & Anxiety. The **DAY** formula contains 5-HTP, L-Theanine and B-vitamins that support relaxation and feelings of happiness. By helping to reduce anxiety, it also promotes a more relaxed transition to evening activities. The **NIGHT** formula features Melatonin and L-Glutamine as well as Valerian and Grape Seed extracts. Scientific evidence suggests that this formula may help reduce nighttime anxiety so you can fall asleep quickly and stay asleep longer. Powerful antioxidants help restore and repair your body's cells while you are sleeping.[†]



DAY

Directions: Take 1 white tablet, one or two times daily, with food.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%DV
Vitamin B-6 (from Pyridoxine Hydrochloride)	10 mg	500%
Folic Acid	200 mcg	50%
Vitamin B-12 (Cyanocobalamin)	50 mcg	833%
5-HTP (5-Hydroxytryptophan)	50 mg	*
(derived from <i>Griffonia simplicifolia</i> (seed))		
Suntheanine® L-Theanine	50 mg	*

*Daily Value (DV) not established.

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

NO Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Wheat, Peanuts, Soybeans, Yeast, Corn, Artificial Colors or Flavors, Added Sugar, Starch or Preservatives.
100% Vegetarian

NIGHT

Directions: Take 1 tan tablet before bedtime.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%DV
Vitamin E (from d-Alpha Tocopheryl Succinate)	30 IU	100%
Calcium (from Calcium Carbonate)	72 mg	7%
L-Glutamine	800 mg	*
Valerian Extract (<i>Valeriana officinalis</i>) (root)	100 mg	*
Grape Seed Extract (<i>Vitis vinifera</i>)	25 mg	*
Melatonin	3 mg	*

*Daily Value (DV) not established.

Other Ingredients: Cellulose, Stearic Acid, Silica, Cellulose Gum, Gum Acacia, Hydroxypropylmethylcellulose, Magnesium Stearate, Methylcellulose, Maltodextrin, Glycerin, Carnauba Wax.

CONTAINS SOY

NO Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Wheat, Peanuts, Yeast, Artificial Colors or Flavors, Added Sugar or Preservatives.
100% Vegetarian