

**Natrol® Melatonin 5mg Time Release** offers a biphasic delivery system which releases melatonin quickly to help you fall asleep fast and then steadily to help you stay asleep all night. Melatonin helps establish normal sleep patterns to promote a more restful, relaxing sleep and better overall health. The body naturally produces melatonin and Vitamin B6 is essential for melatonin production.†

**WARNING:** You may experience some residual drowsiness. If you take this product you may sleep for a full 8 hours. 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: 4837 F: 3002246 L: 2004446-8029



NATROL®

# Melatonin TR Time Release 5 mg

- Helps You Fall Asleep Fast & Stay Asleep All Night†
- 8 Hour Release
- With Vitamin B6

**100 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%
Melatonin (synthetic)	5 mg	*

\*Daily Value (DV) not established.

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

Manufactured by NATROL, Inc.  
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[www.natrol.com](http://www.natrol.com)

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

LOT/EXP: