

DAY

The daytime formula with **5-HTP** and **Vitamins B-6, B-12** and **Folic Acid** helps maintain emotional well-being while the amino acid **L-Theanine** ensures relaxation without making you drowsy.†

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, 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.

TAMPER EVIDENT PACKAGING.
TABLETS ARE SEALED IN BLISTERS.

†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.



NEW LOOK!

Stress & Anxiety

MOOD & STRESS

DAY

Promotes Calm & Relaxation†
Helps Reduce Occasional Anxiety†
100% Drug-Free

NIGHT

Fall Asleep Faster†
Stay Asleep Longer†
100% Drug-Free

TWO 30 TABLET BLISTER PACKS (60 TOTAL) DIETARY SUPPLEMENT

NIGHT

The nighttime formula with **Melatonin** and powerful **Antioxidants** protect your body from oxidative damage induced by a hectic lifestyle, so you can wake up refreshed and ready to tackle the day.†

Melatonin is a nighttime sleep aid for occasional sleeplessness.†

WARNING: Consult your healthcare professional if you are under medical supervision, using tranquilizers or sedatives, including alcohol, or if you have an autoimmune condition, depressive disorder, are pregnant or lactating, or using daily for more than four weeks. For adult use only at bedtime. Do not take when operating machinery or driving a vehicle.

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

DAY

Directions: Take 1 white tablet, one or two times daily, with food. Do not exceed recommended dose.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 30

Amount Per Serving		%DV
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg	590%
Folate	333 mcg DFE (200 mcg Folic Acid)	80%
Vitamin B-12 (Cyanocobalamin)	50 mcg	2080%
5-HTP (5-Hydroxytryptophan) [from <i>Griffonia simplicifolia</i> (seed)]	50 mg	*
L-Theanine (Suntheanine®)	50 mg	*

*Daily Value (DV) not established.

Other Ingredients: Dibasic Calcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Hypromellose, Silicon Dioxide, Magnesium Stearate, Cellulose Gum, Methylcellulose, Glycerin.

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

NIGHT

Directions: Take 1 tan tablet before bedtime.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 30

Amount Per Serving		%DV
Vitamin E (as d-Alpha Tocopheryl Succinate)	25 mg	170%
Calcium (from Calcium Carbonate)	72 mg	6%
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: Microcrystalline Cellulose, Maltodextrin, Stearic Acid, Silicon Dioxide, Cellulose Gum, Hypromellose, Methylcellulose, Magnesium Stearate, Gum Arabic, Glycerin, Ethylcellulose.

Contains: Soy

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



VEGETARIAN

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