

**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. The body naturally produces melatonin and Vitamin B6 is essential for melatonin production.†

**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: 466 F: 3002247 L: 2004600-9205



NATROL

# Melatonin

## 1 mg

- Drug-free Nighttime Sleep Aid<sup>†</sup>
- Melatonin with Vitamin B6 Promotes Normal Sleep Patterns<sup>†</sup>

**180 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 Dibasic Calcium Phosphate)	28 mg	3%
Melatonin	1 mg	*

\*Daily Value (DV) not established.

**Other Ingredients:** Cellulose, Stearic Acid, Cellulose Gum, Silica, Magnesium Stearate.

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: