Product Information

Categories

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Supplement Encyclopedia

Featured Product

Item	**Melatonin Time Release 3 mg**
Size/Form	60 Tablets
SKU Number	458
Recommended Daily Dosage	Take 1 tablet 20 minutes before bedtime.



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•Time Release

*•Helps Establish Normal Sleep Patterns**

•100% Vegetarian

*Natrol® Melatonin supports healthy sleep patterns with a special time release formula. The body naturally releases melatonin in response to changes in light, with melatonin levels rising at night. It is in this way that melatonin helps promote sleep.** .

SUPPLEMENT FACTS

Serving Size: 1 Tablet
Servings Per Container: 60

Ingredient	Amt Per Serving	% Daily Value
Calcium (as Calcium Sulfate)	63 mg	6%
Melatonin	3 mg	**
**Daily Value Not Established.		

Other Ingredients

Time Release Agent (Hydrogenated Vegetable Oil), Stearic Acid, Silica, Magnesium Stearate, Cellulose Gum.

NO Yeast, Wheat, Corn, Milk, Egg, Soy, Glutens, Artificial Colors or Flavors, or Preservatives.

Other Information

Store in a cool, dry place.

Keep out of the reach of children.

Warning: If you are under medical supervision or using any tranquilizers or sedatives seek the advice of your health practioner 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.

*** 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.**

For product questions, please e-mail customer-service@natrol.com,
or contact a Consumer Relations Representative toll free at
800-2-NATROL (800-262-8765)

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