Where to buy

Product Information

Item	**Melatonin 1 mg**
Size/Form	90, 180 Tablets
SKU Number	465,466
Recommended Daily Dosage	Take 1 tablet 20 minutes before bedtime.



Click here to read frequently asked questions about this product.

•*Help Establish Normal Sleep Patterns.**

•*100% Vegetarian*

*Natrol® Melatonin supports healthy sleep patterns. 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: 90, 180

Ingredient	Amt Per Serving	% Daily Value
Calcium (as Dicalcium Phosphate)	28 mg	3%
Phosphorous (as Dicalcium Phosphate)	20 mg	20%
Melatonin	1 mg	**

**Daily Value Not Established.

Other Ingredients

Cellulose, Stearic Acid, Cellulose Gum, Silica, Magnesium Stearate.

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

Other Information

STORE IN A COOL DRY PLACE.
KEEP OUT OF 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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