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Product Information

Item	**Natrol Complete Balance® AM PM Formula**
Size/Form	30, 60 Capsules (30, 60 per bottle)
SKU Number	3001,3009
Recommended Daily Dosage	Take 1 capsule from AM bottle in the morning. Take 1 capsule from PM bottle half an hour before sleeping.



Click here to read frequently asked questions about this product.

Natural Daytime and Nighttime Hormonal Balance.

With Soy, Calcium and Vitamins.

AM FORMULA
Natrol Complete Balance™ AM Formula *helps alleviate hot flashes and provides mood support.* Use in conjunction with Natrol Complete Balance PM Formula.*

PM FORMULA
Natrol Complete Balance™ PM Formula *helps reduce night sweats and assists in getting a good night's rest.* Use in conjunction with Natrol Complete Balance™ AM Formula.**

More Detailed Product Information

SUPPLEMENT FACTS

Serving Size: 1 Capsule Each
Servings Per Container: 30, 60 per bottle

Ingredient	Amt Per Serving	% Daily Value
AM FORMULA		
Thiamin (Vitamin B1) (as Thiamin HCl)	3 mg	200%
Riboflavin (Vitamin B2)	3.4 mg	200%
Vitamin B6 (as Pyridoxine HCl)	4 mg	200%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	12 mcg	200%

Calcium (as Calcium Carbonate)	125 mg	13%
Soy Extract	62 mg	**
Soy Isoflavones	25 mg	**
Black Cohosh Extract (root)	40 mg	**
Triterpene Glycosides	1 mg	**
PM FORMULA		
Calcium (as Calcium Carbonate)	180 mg	18%
Soy Extract	62 mg	**
Soy Isoflavones (40%)	25 mg	**
Melatonin	1 mg	**
**Daily Value Not Established.		

Other Ingredients

Magnesium Stearate, Gelatin.

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

Other Information

STORE IN A COOL, DRY PLACE.
KEEP OUT OF THE 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.**

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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