



Natrol Melatonin Supplements

Natrol Melatonin is currently available as 3 strengths in two dosage forms.

- 1mg Melatonin Liquid
- 3mg Melatonin Fast Dissolve Tablets
- 5mg Melatonin Fast Dissolve Tablets



100% Drug Free
Non-Habit Forming
100% Vegetarian



References

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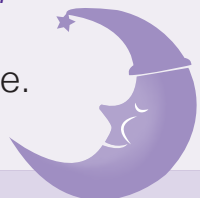
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Melatonin is a natural hormone produced by the pineal gland at nighttime that promotes sleep.

Production of *melatonin* varies according to the degree of light exposure.



Melatonin is not a food supplement or nutrient



Melatonin

Proposed Uses

Melatonin can be helpful for people :-

- whose sleep cycle has been disturbed (e.g. jet lag; work shift)₁
- who suffer from ordinary insomnia₂
- who suffer from insomnia due to beta-blocker medications₃
- with sleep deprivation due to hospitalization₄



Melatonin is typically taken 20 minutes to half hour before bedtime.

The optimum dose of melatonin is usually in the 1mg to 5mg range._b

Natrol Melatonin is distributed solely by Pharmtech (Caribbean) Limited in Trinidad and Tobago.

Why Melatonin Supplementation?

Melatonin has been proven effective in helping people fall asleep, sleep better and awake feeling refreshed.₅

It does not result in any “hangover” effects the next day.₆

As such, melatonin can be used instead to assist the many who use:

- OTC Sleep medication which develops rapid tolerance in the body and stop producing the initial results within a relatively short period of time._a
- Prescription medication which can suppress natural melatonin levels, making it harder to achieve natural sleep and increasing dependence on the drug.₇



Still up?



Nights are better with Natrol[®] Melatonin

When the lights go out tonight, will your body produce enough melatonin for you to fall asleep? Melatonin levels typically rise as darkness falls to help you get the rest you need. You can help nature along with Natrol Melatonin – one of the top-selling brands. Natrol Melatonin helps establish normal sleep patterns and is available in 1 mg and 3 mg tablets. Plus it's 100 percent vegetarian. Remember, a great morning starts at night. Get the sleep you need starting with Natrol Melatonin.¹

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* 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.

NATROL



NATROL[™] Melatonin

Natrol Melatonin, a number one brand of melatonin, is a nighttime sleep aid. It helps establish normal sleep patterns to give a more restful, relaxing sleep and in turn, better overall health.₊

⁺ Disordered sleep is associated with accelerated cognitive decline, cardiovascular disease and metabolic disorders.