

10mg Melatonin per serving

WAKE UP REFRESHED*
DRUG-FREE SLEEP AID*

NATURE'S BOUNTY
GOLD SERIES

10mg Melatonin per serving

NATURE'S BOUNTY
GOLD SERIES

Sleep3

MAXIMUM STRENGTH - 10mg Melatonin



TRIPLE ACTION
TIME-RELEASE
TECHNOLOGY

1 CALMING EFFECT
With L-Theanine & Nighttime Herbal Blend*

2 FALL ASLEEP FASTER
With Quick-Release Melatonin*

3 LONG LASTING SLEEP
With Time-Release Melatonin*

30 TRI-LAYERED TABLETS / DIETARY SUPPLEMENT

★
Made in The USA
with select ingredients
from around the world

Prod. No. 80731 B80696 02D



Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET
Sign Up for News and Offers
at NaturesBounty.com

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to ragweed or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Do not drive, operate machinery or consume alcohol when taking this product. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if blister seal is cut, torn or open.
*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.

Benefit 1: Calming L-Theanine combined with a blend of nighttime herbs chamomile, lavender, lemon balm and valerian root extracts to help you relax and unwind.*
Benefit 2: Quick-release melatonin helps you fall asleep fast.*
Benefit 3: Time-release melatonin works with your body's natural sleep cycle to help you stay asleep.*

3 Benefits in One Pill

At Nature's Bounty, we are committed to your health. For 50 years we have been making trusted products, backed by science, and made with only the purest ingredients...guaranteed. So you can get the most out of life every day.

50 YEARS OF TRUSTED QUALITY

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, MaltoDEXtrin, Vegetable Stearic Acid, Vegetable Magnesium Stearate, Silica, Vegetable Juice Color, Vegetable Glycerin.

Amount Per Serving	% Daily Value
Serving Size 1 Tablet	
L-Theanine	200 mg **
Nighttime Herbal Blend	50 mg **
Valerian Root Extract (<i>Valeriana officinalis</i>) (root)	10 mg **
**Daily Value not established.	

DIRECTIONS: For adults, take one (1) tablet 30 minutes before bedtime.

Supplement Facts
Guaranteed Quality | Laboratory Tested
For occasional sleeplessness* and Valerian Root extracts. Our proprietary Nighttime Herbal Blend GABA, to support a calm and relaxed mood.* L-Theanine interacts with the neurotransmitter induction and sleep duration.* Melatonin plays a vital role in the maintenance of circadian rhythm "sleep-wake cycle", sleep the day.* sleep so you can wake up ready to take on the day.* sleep so you can wake up ready to take on the day.* Each tablet 100% drug-free sleep aid.* Each tablet leverages time-release technology to dissolve each layer at different times throughout the night to help you relax and get a good night's sleep so you can wake up ready to take on the day.*

MAXIMUM STRENGTH - 10mg Melatonin

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