

Best Rest Formula

Promotes restful sleep[†]

INDICATIONS

- Ages 18 and up
- Restful sleep and relaxation support[†]

BENEFITS

- Provides support for occasional sleeplessness[†]
- Promotes the onset of sleep as well as healthy sleep quality[†]
- Supports natural relaxation of the nervous system[†]

FEATURES

- Includes flower extracts and other natural ingredients
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

Best Rest Formula provides support for occasional sleeplessness. It contains the time-tested support of valerian, passionflower, chamomile, lemon balm and hops, which act to calm and relax the central nervous system. Double-blind trials involving valerian, valerian/lemon balm combinations and valerian/hops combinations have indicated the potential to support the onset of sleep as well as healthy sleep quality.¹⁻³ Melatonin also facilitates the onset of sleep and sleep efficiency.⁴ GABA and L-theanine are included for their ability to promote alpha wave production in the brain, an indication of relaxation.^{5,6†}

SUGGESTED USE

As a dietary supplement, take 2 capsules, 30-60 minutes before bedtime.

STORAGE

Store in a cool, dry place.

WARNING

Consult a healthcare professional if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product

may be contraindicated for individuals taking corticosteroids.

SOURCE

- Pyridoxal-5-phosphate, melatonin and GABA (gamma-aminobutyric acid) are synthetic.
- Theanine is derived from fermentation.
- Deodorized valerian extract is derived from *Valeriana officinalis* root and standardized to contain 0.8% valernic acids.
- Lemon balm extract is derived from *Melissa officinalis* leaf and standardized to contain 5% rosemarinic acid.
- Hops is derived from *Humulus lupulus L.* aerial parts and standardized to contain 2.9% flavonoids.
- Passionflower extract is derived from *Passiflora incarnata L.* aerial parts and standardized to contain 3.5% vitexin.
- Chamomile extract is derived from *Matricaria recutita* flowers.
- Maltodextrin is derived from potato.
- Gum arabic is derived from acacia tree.
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.
- Hypoallergenic plant fiber is derived from pine cellulose.

NOTES

Size 00 caps

Bottle count 60/120

Order codes BRF6/BRF1

Bottle size 190 cc/290 cc

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REFERENCES

1. Kennedy DO, et. al. *Phytother Res.* 2006 Feb;20(2):96-102.
2. Ngan A, et. al. *Phytother Res.* 2011 Aug;25(8):1153-9.
3. Zick SM, et. al. *BMC Complement Altern Med.* 2011 Sep 22;11:78.
4. Eckerberg B, et. al. *Chronobiol Int.* 2012 Nov;29(9):1239-48.
5. Yoto A, et. al. *Amino Acids.* 2012 Sep;43(3):1331-7.
6. Kimura K, et. al. *Biol Psychol.* 2007 Jan;74(1):39-45.

SUPPLEMENT FACTS

2 capsules, 30-60 minutes before bedtime.

Two (size 00) vegetarian capsules contain:

Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	3.3 mg
Melatonin	1 mg
GABA (gamma-aminobutyric acid)	300 mg
L-Theanine	50 mg
Valerian (<i>Valeriana officinalis</i>) extract (root) (standardized to contain 0.8% valerenic acids)	400 mg
Lemon balm (<i>Melissa officinalis</i>) extract (leaf) (standardized to contain 5% rosmarinic acid)	150 mg
Hops (<i>Humulus lupulus</i>) extract (aerial parts)	150 mg
Passionflower (<i>Passiflora incarnata</i>) extract (aerial parts) (standardized to contain 3.5% vitexins)	100 mg
Chamomile (<i>Matricaria recutita</i>) extract (flower)	100 mg
Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), gum arabic, maltodextrin, ascorbyl palmitate, silica	

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Best-Rest Formula	Quantity	Order Code
	120	BRF1
	60	BRF6

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[†]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.