

SLEEP

Best-Rest Formula

PROMOTES RESTFUL SLEEP

TRIPLE-ACTION APPROACH TO SLEEP SUPPORT

Best-Rest Formula supports sleep quality and a healthy sleep cycle by encouraging an easy transition to sleep and a restful night's sleep. This formulation includes sustained-release melatonin and GABA to encourage relaxation and healthy sleep patterns. It also includes L-theanine, studied extensively for its role in relaxation. Herbal extracts traditionally used in Herbal Medicine round out this unique blend and include valerian, passionflower, chamomile, lemon balm and hops.

Synergistic formula helps to:

- Promote sleep and re-set the body's sleep-wake cycle
- Increase the total sleep time in people suffering from sleep restriction or altered sleep schedule
- Prevent or reduce the effects of jetlag



Enhances relaxation



Promotes sleep onset



Supports restful sleep



The Research

Best-Rest Formula is designed with a multi-faceted approach to sleep support. This unique combination of ingredients is formulated to promote relaxation, reduce the time it takes to fall asleep and support a restful night's sleep. Double-blind trials involving valerian and valerian/hops combinations have indicated the potential to support the onset of sleep as well as healthy sleep quality.¹⁻³ Lemon balm has also been extensively studied in sleep research. Melatonin facilitates the onset of sleep and sleep efficiency⁴ while GABA is included for its ability to promote alpha wave production in the brain, an indication of relaxation.^{5,6}

Support restful sleep with **Best-Rest Formula** before bedtime.

Visit PureEncapsulations.ca/bestrestformula

 Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org

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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.
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6. Kimura K, et. al. *Biol Psychol.* 2007 Jan;74(1):39-45.

Formula

Adults: Take 1 capsule 30-60 minutes before bedtime or as directed by a healthcare practitioner. Consult a healthcare practitioner for use beyond 4 weeks. Do not drive or use machinery for 5 hours after taking melatonin.

Each capsule contains:

Vitamin B ₆ (pyridoxal 5-phosphate)	1.6 mg
Melatonin	0.5 mg
GABA (gamma-aminobutyric acid)	150 mg
L-Theanine	25 mg
Valerian (<i>Valeriana officinalis</i>) Root Extract. (3-6:1, 600-1200 mg dried equivalent; standardized to contain 0.8% valerenic acid)	200 mg
Lemon Balm (<i>Melissa officinalis</i>) Leaf Extract (8:1, 600 mg dried equivalent; standardized to contain 5% rosmarinic acid)	75 mg
Hops (<i>Humulus lupulus</i>) Strobile Extract (10:1, 750 mg dried equivalent)	75 mg
Passionflower (<i>Passiflora incarnata</i>) Aerial Parts Extract (6:1, 300 mg dried equivalent; standardized to contain 3.5% vitexins)	50 mg
Chamomile (<i>Matricaria recutita</i>) Flower Extract (7:1, 350 mg dried equivalent)	50 mg

Non-Medicinal Ingredients: Vegetarian capsule (hypromellose, water), hypoallergenic plant cellulose, gum arabic, maltodextrin, ascorbyl palmitate, silica



Best-Rest Formula	Quantity	Order Code	NPN
	120	BRF1C-C	80079112



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