

rest formula



Description

Ease your body into a restful state, prepared for enhanced sleep quality. This gentle blend of floral herbs and roots calms your nervous system and grounds your body, even while cruising at 35,000 feet. Designed to be mixed with liquid, ideally cold.

Hectic transitions, sleep deprivation and changing time zones kicks your body into overdrive and disrupts your circadian rhythm. This healing team of restful caretakers delivers just what you need to relax, so that your body can recharge.

Plant alchemy activated

Valerian root and Passion Flower work together to reduce anxiety and relax the nervous system; Lavender calms the mind, while Chamomile and Skullcap enhance one another's ability to soothe as California Poppy lulls you to sleep; meanwhile Hops tends to the brain, enhancing GABA levels which supports a sound and restorative sleep. As you rest, nourishing Tremella works with Coconut to hydrate your cells ensuring you'll land aglow. Time traveling masters Griffonia and Melatonin support your body's circadian rhythm adjust to new time zones.*

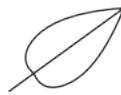
To get the rest you need to stay balanced as you travel, call on these gentle caregivers whenever you jump time zones.

Taste test

A delicate Lavender aftertaste balances Valerian's mildly bitter bite.

Ingredients

No nuts, soy, dairy or sugar



Organic



Non-GMO



Vegan



Gluten-free

More than 90% of our ingredients are certified organic, and we are working with our manufacturer to tip that to 100%. For now, the ingredient exceptions in Rest are Tremella, Elderberry, Lemon Peel & Stevia.

Benefits that rebalance the body

- Rest
- Reduce stress
- Lower cortisol
- Relax
- Hydration
- Reduce anxiety
- Improve sleep quality and duration
- Readjusts circadian rhythm to new time zones



How to rest on Local Time



Designed to be mixed with liquid, ideally cold; drink as part of your wellness travel ritual.



in-flight
Take 1 Rest pack shortly after takeoff. For long-haul, overnight flights, drink 1 hour prior to sleeping and power down the in-flight screens so your body can naturally wind down.



post-arrival
30 mins before bedtime at your destination, take 1 Rest for a soothing downshift into sleep. A soothing downshift is best achieved without caffeine or alcohol.

Paying your purchase forward



We direct a portion of every Local Time sale directly to the reforestation efforts of Tree Sisters.

Amplify the impact of rest

- Avoid blue light from screens after dark; power down laptops, cell phones and TVs to create an optimal environment for your body to naturally power down.
- Support the natural sync up of your circadian rhythm; begin your day with an early walk or jog whenever possible.

Supplement Facts		
Serving Size 3.9g		
Servings Per Container 12		
	Per serving	Daily %
Organic Tremella (fruit) powder	700mg	*
California Poppy (flower) powder	500mg	*
Organic Skullcap (herb) extract	500mg	*
Organic Valerian (root) extract	450mg	*
Organic Chamomile (herb) powder	350mg	*
Hops (flower) powder	150mg	*
Organic Passionflower extract	110mg	*
Organic Lavender (flower) extract	100mg	*
Organic Griffonia (seed) extract	100mg	*
Melatonin	3mg	*
*Daily value (DV) not established		
Weight	3894mg	
+ 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.		