

What is Melrest™?

Melrest™™ is specially formulated to deliver three natural ingredients that can help with stress and support sleep.

Who is this product for?

It is for anyone who is feeling stressed and/or is having problems with sleep. Both of these issues are very common and often linked.

What are the ingredients?

In each 15ml dose of Melrest™™ there is:

- 12.06g honey
- 6.88g glycerin
- 0.7g chamomile
- 0.17g tart cherry
- 27.03mg magnesium citrate complex (active)

What is the dosage?

For age 12 and upwards: 15ml 30 minutes before bedtime.

How do I take it?

Simply pour the correct amount into a cup or glass, add warm water to taste and make a great cherry-tasting drink. Alternatively, you can pour Melrest™™ into a measuring cup and drink straight from the cup!

What is the underlying science?

The great cherry flavour of Melrest™™ comes from **tart cherry**. This particular cherry naturally contains small amounts of naturally occurring phytonutrients that support regular sleep patterns.

Melrest™™ also contains **chamomile**. The relaxing and sleep-inducing effects of chamomile are well-known. Chamomile tea is commonly used as a relaxing drink that facilitates sleep, and studies have found it to be effective⁵.

The third active ingredient is **magnesium**. Deficiency of this important dietary component is common, especially as we get older. Supplementation of magnesium has been found to help with stress levels and support relaxation and time to get to sleep and early morning awakening.

Finally, although there are no studies to prove it, a lot of people think that eating **honey** before bedtime can help with sleep, possibly by helping to support stable blood sugars during the night.

Is it safe?

Melrest™™ is 100% natural containing tart cherry, chamomile, magnesium, honey, cherry flavour and glycerine. The only side effect of note is drowsiness. As with any product that can help with sleep, you should not take it with other sedatives and you need to be careful when drinking alcohol, driving or operating machinery.

Melrest™™ is safe for breastfeeding mothers but the chamomile component is not proven to be safe during pregnancy and so is not recommended.

If symptoms of stress or sleep problems persist, you should see your healthcare professional. Melrest™™ is not recommended for children aged under 12 years.

Who are HoneyLab?

HoneyLab is a New Zealand pharmaceutical company with several platforms of clinical research, including dermatology, pain, infections and nutrition. HoneyLab are running the world's largest programme of medical honey research. The research programme is directed by Dr. Shaun Holt. Shaun has both Pharmacy and Medical degrees from the UK, lectures at Victoria University of Wellington and is one of New Zealand's most experienced clinical researchers.

Who can I contact for more information?

For information on the science - Dr Shaun Holt:
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For information on orders/supplies - Julia Ammundsen:
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