



REST WELL

SUPPORTS HEALTHY, RESTORATIVE SLEEP

MOOD AND ENERGY STABILITY*
NEUROHORMONAL BALANCE*



REST WELL

Rest Well enhances restful, healing sleep by restoring healthy brain chemistry. Regain sleep that refreshes, revitalizes and reenergizes mind and body. With **Rest Well** you naturally rebuild resilience. A safer, natural alternative to habit-forming pharmaceuticals, **Rest Well** boosts the body's own production of serotonin, the brain chemical that says "Ah... we can handle this." When the sleep center operates properly, renewing rest occurs. Start **Rest Well** for improved quality of sleep and quality of life.*

Benefits of Rest Well All-Active Formulation:

- Restorative sleep*
- Healthier REM deep sleep rhythms*
- Mood and energy stability*
- Neurohormonal balance*
- Premenstrual and perimenopausal hormone balance*

ADVANCED FORMULA AND BENEFITS

L-Tryptophan

Tryptophan is an essential amino acid that produces a mood-enhancing neurotransmitter called serotonin. When the body is deficient in tryptophan, it also lacks serotonin. This can inhibit sleep and trigger numerous physical and/or mental disorders. Tryptophan deficiencies are associated with depression, insomnia, premenstrual syndrome, schizophrenia, attention deficit disorders and autism-spectrum disorders. Adequate levels of tryptophan are essential for biochemical balance of the brain. **Rest Well** uses only the highest-quality, pharmaceutical-grade L-tryptophan, plus key transport enhancer nutrients, for the most effective results.*

L-Tryptophan to Manage:

- Attention deficit disorder / hyperactivity disorder (ADD / ADHD)*
- Autism Spectrum Disorder (ASD)*
- Mild to moderate depression*

L-Tryptophan vs. 5-HTP

Rest Well uses L-tryptophan – and synergistic ingredients – in their most beneficial, safe and natural forms. By contrast, many sleep supplements use 5-HTP, a downstream metabolite of tryptophan. While both 5-HTP and tryptophan cross the blood brain barrier and convert to serotonin and melatonin, tryptophan is safer, healthier and has a sustained effect. The body can also transform tryptophan into other helpful compounds within the body, like niacin, which is helpful in maintaining healthy sleep cycles.*

Additional 100% All-Active Ingredient Features

Rest Well uses nutrients only in their most bioavailable, natural and beneficial forms. **Rest Well** delivers the active forms of vitamins B2 (riboflavin 5'-phosphate) and B6 (pyridoxal 5'-phosphate) – essential cofactors that maximize the absorption and benefits of L-tryptophan and strengthen its sleep- and mood-enhancing properties. In cases of mild-to-moderate depression, we recommend combining **Rest Well** with mood supporting nutrients such as glycine, methionine and magnesium aspartate for maximum mood-enhancing benefit.*

Note: Stay well-hydrated and avoid eating protein two hours before bedtime so the stomach can absorb and metabolize the L-tryptophan in **Rest Well** most efficiently.

REFERENCES

1. Hartmann E. 1982-1983. "Effects of L-tryptophan on Sleepiness and On Sleep." *J Psych Res.* 17(2):107-113.
2. Riemann D, Feige B, Hornyak M, Koch S, Hohagen F, Voderholzer U. March 15, 2002. "The Tryptophan Depletion Test: Impact on Sleep in Primary Insomnia—a Pilot Study." *J Psych Res.* 109(2):129-135.
3. Gendall KA, Joyce PR. September 2000. "Meal-induced Changes in Tryptophan:LNAA Ratio: Effects on Craving and Binge Eating." *Eating Behaviors.* 1(1):53-62.

ONE (1) REST WELL CAPSULE PROVIDES

ENERGIZED NUTRIENTS

Vitamin B6 (as Pyridoxal 5'-phosphate).....	3 mg.
Riboflavin (as Riboflavin 5'-phosphate).....	3 mg.
L-Tryptophan	500 mg.
Silica (Equisetum botanical).....	4 mg.
Croscarmellose	3 mg.
Magnesium (as C16 and C18 alkyls from whole untreated palm fruit and leaf).....	5 mg.
Vegetable capsule.....	120 mg.

Other Ingredients: None

WARNING

Pregnant and nursing mothers need to check with their health professional before taking supplements.

TYPICAL DOSAGE

As a dietary supplement, take one (1) capsule daily about 30 minutes before bedtime, with water or fruit juice, or as recommended by your health professional.

Available in bottles of 90 capsules.



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*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.