

# Best-Rest Gummy

Great-tasting triple-action support for relaxation, sleep onset and restful sleep<sup>†</sup>

## INDICATIONS

- Ages 8 and up
- Support for occasional sleeplessness<sup>†</sup>

## BENEFITS

- Triple-action approach to support relaxation, ease falling asleep and restful sleep throughout the night<sup>†</sup>
- Includes sustained-release melatonin to promote sleep onset and efficiency<sup>†</sup>
- Promotes relaxation with theanine and lemon balm<sup>†</sup>

## FEATURES

- Includes sustained-release melatonin
- Great-tasting raspberry tea flavor gummy
- Vegan
- Made with high-quality ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Best-Rest Gummy offers comprehensive triple-action support for relaxation, sleep onset and sustained restful sleep in a great-tasting gummy form. Lemon balm and theanine promote relaxation, helping calm the body to prepare for restful sleep. Lemon balm is rich in flavonoids and polyphenolic compounds, with a long history of traditional use for relaxation.<sup>1,2</sup> Research indicates theanine increases alpha wave activity in the brain, associated with a relaxed mental state, shortly after administration.<sup>3</sup> Melatonin's primary role is regulation of the body's circadian rhythm and sleep patterns.<sup>4</sup> It is provided in the patented MicroActive<sup>®</sup> delivery system. An unpublished pharmacokinetic study of MicroActive<sup>®</sup> melatonin demonstrated rapid uptake and prolonged presence in plasma up to six hours after a single dose, indicating support for sleep onset and prolonged sleep throughout the night. Vitamin B<sub>6</sub> is a key cofactor for serotonin and melatonin production. Optimal concentrations have been associated with positive mood and sleep.<sup>5†</sup>

## SUGGESTED USE

As a dietary supplement, children ages 8 and up, take 1 gummy daily, 30-60 minutes before bedtime. Adults, take 2 gummies daily, 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 with autoimmune disease or for individuals taking corticosteroids.

## SOURCE

- Vitamin B<sub>6</sub>, melatonin and theanine are synthetic
- Lemon balm is derived from *Melissa Officinalis* leaf
- Isomalto-oligosaccharides is sourced from corn starch

## NOTES

Bear-shaped gummy

Bottle count 60

Order code BRG6

Bottle size 225 cc

## REFERENCES

1. Kennedy, DO, et al. *Pharmacol, Biochem, Behav.* 2002, 72, 953-964.
2. Shakeri A, et al. *J Ethnopharmacol.* 2016 Jul 21; 188:204-28.
3. Juneja LR, et al. *Trends in Food Science & Technology.* 1999. 10; 199-204.
4. Deacon S, Arendt J. *Brain Res.* 1995 Aug 7; 688 (1-2):77-85.
5. Merete C, et al. *J Am Coll Nutr.* 2008 Jun; 27(3): 421-427.

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## SUPPLEMENT FACTS

Children ages 8 and up, take 1 gummy daily, 30-60 minutes before bedtime.

Adults, take 2 gummies daily, 30-60 minutes before bedtime.

Two gummies contain:

Calories	10
Total Carbohydrate	3 g
Total Sugars	1 g
Includes 1 g Added Sugars	
Vitamin B <sub>6</sub> (as pyridoxine HCl)	3 mg
Sodium	15 mg
Melatonin (as MicroActive® melatonin sustained-release complex)	1 mg
Lemon balm ( <i>Melissa officinalis</i> ) extract (leaf)	40 mg
L-Theanine	150 mg

Other ingredients: isomalto-oligosaccharides, purified water, organic cane sugar, pectin, natural raspberry and black tea flavor with other natural flavors, citric acid, hypromellose, sodium citrate, sodium alginate, microcrystalline cellulose, black carrot powder (color), coating (organic sunflower oil, organic carnauba wax), organic stevia leaf extract

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Best-Rest Gummy	Quantity	Order Code
	60	BRG6

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