

# Rest Easy Promotes Quality, Restful Sleep\*

- Supports quality sleep
- Promotes calm of brain activity

Rest Easy is a blend of botanicals, nutrients, and neurotransmitter precursors formulated to help support quality, restful sleep.\* By providing nutritional support for calm brain activity, Rest Easy helps promote the body's natural ability to fall asleep and stay asleep.\* Key ingredients include botanicals that support nervous system function, PharmaGABA® (a proprietary form of gamma-aminobutyric acid [GABA]), L-theanine, melatonin, 5-hydroxytryptophan (5-HTP), and pyridoxal-5-phosphate (the activated form of vitamin B6).\*

The body requires sufficient high-quality sleep for optimal physical, mental, and cognitive performance during the day. Sleep patterns influence many aspects of health, such as energy, cognitive function, immune function, hormone balance, metabolism, and mental and emotional outlook.

Rest Easy promotes quality, restful sleep to support overall health.\* Melatonin is a multifunctional hormone that regulates the body's natural sleep-wake cycle or circadian rhythm. L-theanine is a unique amino acid most commonly found in tea that helps promote a healthy stress response and brain relaxation.\* The use of 5-hydroxytryptophan (5-HTP) is an important precursor to serotonin and melatonin. Gamma-aminobutyric acid (GABA) is the body's primary inhibitory neurotransmitter, which means it supports a calming of the nervous system.\* Vitamin B6 is necessary for the production of melatonin and serotonin to support healthy sleep.\* Valerian, passionflower, lemon balm, and chamomile are calming herbs that support relaxation.\*

## Highlights

Each 2-capsule serving contains the following

- 100 mg of L-theanine to promote relaxation\*
- 400 mg of valerian root extract to support restful sleep\*
- 3 mg of melatonin to support a normal circadian rhythm\*
- 10 mg of vitamin B6 as pyridoxal-5-phosphate for enhanced bioavailability
- 100 mg of GABA (as PharmaGABA®) to support calm brain activity\*

- 100 mg of 5-HTP to promote serotonin and melatonin production\*

## Directions

Take 2 capsules per day 30 to 60 minutes before bedtime or as directed by your health-care practitioner.

## Cautions

Not recommended for use by pregnant or lactating women, or by those taking selective serotonin reuptake inhibitor (SSRI) or monoamine oxidase inhibitor (MAOI) medications.

## Supplement Facts

Serving Size 2 capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value	
Vitamin B-6 (as Pyridoxal-5-Phosphate)	10 mg	588%
Valerian ( <i>Valeriana officinalis</i> )(root) [standardized to contain 0.8% valerenic acid]	400 mg	*
Passion Flower ( <i>Passiflora incarnata</i> ) (flower) [standardized to contain 3.5% flavonoids]	200 mg	*
Lemon Balm ( <i>Melissa officinalis</i> )(leaves) [standardized to contain 3% rosmarinic acid]	200 mg	*
Chamomile ( <i>Matricaria chamomilla</i> )(flower)	200 mg	*
gamma-Aminobutyric acid (as PharmaGABA®)	100 mg	*
L-Theanine	100 mg	*
5-HTP (5-Hydroxytryptophan)	100 mg	*
Melatonin	3 mg	*

\*Daily Value not established.

**Other Ingredients:** Cellulose (capsule), vegetable stearate, silicon dioxide.

\*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.