



Best-Rest Formula

What Is It?

Best-Rest Formula supports sleep quality and a healthy sleep cycle by encouraging an easy transition to sleep and a restful night's sleep.*

Uses For Best-Rest Formula

Sleep Support: This unique blend contains the time-tested support of valerian, passionflower, chamomile, lemon balm and hops, which act to calm and relax the central nervous system. Double-blind trials involving valerian, valerian/lemon balm combinations and valerian/hops combinations have indicated the potential to support the onset of sleep as well as healthy sleep quality. Melatonin also facilitates the onset of sleep and sleep efficiency. GABA and L-theanine are included for their ability to promote alpha wave production in the brain, an indication of relaxation.*

What Is The Source?

Pyridoxal-5-phosphate, melatonin and GABA (gamma-aminobutyric acid) are synthetic. Theanine is derived from fermentation. Deodorized valerian extract is derived from *Valeriana officinalis* root and standardized to contain 0.8% valernic acids. Lemon balm extract is derived from *Melissa officinalis* leaf and standardized to contain 5% rosmarinic acid. Hops is derived from *Humulus lupulus L.* aerial parts and standardized to contain 2.9% flavonoids. Passion flower extract is derived from *Passiflora incarnata L.* aerial parts and standardized to contain 3.5% vitexin. Chamomile extract (4:1) is derived from *Matricaria recutita* flower and standardized to contain 1.2% apigenin. Maltodextrin is derived from potato. Gum arabic is derived from acacia tree. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

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Recommendations

Pure Encapsulations recommends 1–2 capsules 30–60 minutes before bedtime.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Best-Rest Formula may have sedating effects and is for bedtime use only. Melatonin may be contra-indicated in depression, seasonal affective disorder, schizophrenia, autoimmune disease or asthma. Valerian has been associated with vivid dreams and GI upset. Chamomile is not recommended for individuals with sensitivity to botanicals from the Asteraceae/Compositae family. In rare cases, passionflower can cause headache, dizziness, joint pain or ataxia. There is one case report of ventricular tachycardia following passionflower administration. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Melatonin is contra-indicated with MAO inhibitors and corticosteroids. Chamomile may be contra-indicated with blood thinning medications. Best-Rest Formula is contra-indicated with other sedative medications, including benzodiazepines and CNS depressants. Consult your physician for more information.

(continued)

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Best-Rest Formula

two vegetable capsules contain



pyridoxal-5-phosphate.....	5 mg.
melatonin.....	1 mg.
GABA (gamma-aminobutyric acid).....	300 mg.
l-theanine.....	50 mg.
valerian (Valeriana officinalis) root extract (deodorized)	400 mg.
(standardized to contain 0.8% valernic acids)	
lemon balm (Melissa officinalis) extract (leaf)	150 mg.
(standardized to contain 5% rosemarinic acid)	
hops (humulus lupulus L.) (aerial parts).....	150 mg.
(standardized to contain 2.9% flavonoids)	
passion flower (Passiflora incarnata L.) extract (aerial parts)	100 mg.
(standardized to contain 3.5% vitexin)	
chamomile (Matricaria recutita) extract (flower) 4:1	100 mg.
(standardized to contain 1.2% apigenin)	
vitamin C (as ascorbyl palmitate).....	40 mg.
other ingredients: hypo-allergenic plant fiber, maltodextrin, gum arabic, silica	

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