

Best-Rest Formula

Introduced 2008



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, passion flower, 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 is derived from *Matricaria recutita* flowers. Maltodextrin is derived from potato. Gum arabic is derived from acacia tree. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypoallergenic plant fiber is derived from pine cellulose.

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 contraindicated in depression, seasonal affective disorder, schizophrenia, autoimmune disease or asthma. Valerian has been associated with vivid dreams and G.I. upset. Chamomile is not recommended for individuals with sensitivity to botanicals from the *Asteraceae/Compositae* family. In rare cases, passion flower can cause headache, dizziness, joint pain or ataxia. There is one case report of ventricular tachycardia following passion flower administration. Consult your physician for more information.

Are There Any Potential Drug Interactions?

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

(continued)

Best-Rest Formula

two vegetarian capsules contain  v 00

melatonin1 mg
 GABA (gamma-aminobutyric acid)300 mg
 L-theanine50 mg
 valerian (valeriana officinalis) extract (root) (deodorized) 400 mg
 (standardized to contain 0.8% valerenic acids)
 lemon balm (melissa officinalis) extract (leaf)150 mg
 (standardized to contain 5% rosmarinic acid)
 hops (humulus lupulus) extract (aerial parts)150 mg
 passion flower (passiflora incarnata) extract (aerial parts) 100 mg
 (standardized to contain 3.5% vitexins)
 chamomile (matricaria recutita) extract (flower) 100 mg
 pyridoxal 5' phosphate (activated B₆)5 mg
 other ingredients: hypoallergenic plant fiber (cellulose), ascorbyl palmitate,
 maltedextrin, gum arabic, silica, vegetarian capsule (cellulose, water)

Not to be taken by pregnant or lactating women. May have sedating effects and is for bedtime use only. Consult your physician before use if you are affected by depression, seasonal affective disorder, schizophrenia, autoimmune disease, asthma or are taking MAO inhibitors or corticosteroids.

1-2 capsules 30-60 minutes before bedtime.

Suntheanine® is a registered trademark of Taiyo International, Inc.