



FAST FACTS ABOUT HERBAL REST & RELAX

To help relax the body, master herbalists have long believed that one must first “calm the mind,” and that certain herbs work to balance and quiet the mind — essential before true relaxation or a good night’s sleep can be experienced. GNLD’s Herbal Rest & Relax contains a unique blend of herbs formulated to support a relaxed body and quiet mind, which is essential for optimal rest and a good night’s sleep.

WHY CHOOSE HERBS FOR RELAXATION?

- Because herbs have been proven effective from centuries of use.
- Because herbs have a long history of safe use, without the side effects associated with chemical drugs.
- Because herbs are nature’s solutions to wellness challenges.
- Because herbs are non-habit-forming.
- Because herbs work naturally and gently to calm the body and mind to support relaxation and sleep.
- Because herbs have been shown to restore the body’s balance and help the body perform at its vital best.
- Because herbs have been shown to help relieve nervous tension, reduce stress and mild anxiety, relieve the inability to fully relax, and assist with occasional sleeplessness.

WHY GNLD HERBAL REST & RELAX?

- **Comprehensive formula.** Our unique “complete family” approach to the formula provides broad, synergistic effects of the herbal constituents, which optimizes their ability to support a relaxed body and quiet mind—essential for normal sleep function.
- **Herbs are selected from many global traditions**, bringing you the best herbal knowledge from around the world.
- **Contains St. John’s Wort**, which has been shown to help support calmness, relieve low mood, reinforce positive mental attitude, and support healthy sleep patterns.
- **Contains Lemon Balm and Passion Flower** which have been shown to help calm and relax the body, aid sleep and reduce depression.
- **Guaranteed purity, potency, and consistency.**
- **100% natural herbal formula** contains no chemical or animal products.





The following benefits have been attributed to the herbs contained in GNLD's Herbal Rest & Relax by master herbalists:

HERB	ACTIONS AND BENEFITS
Damiana — leaf <i>(Turnera diffusa)</i>	Calms nervous system, assists stress relief and healthy sleep patterns. Supports kidney health. Restores vitality, libido, and related functions.
Lemon Balm — leaf <i>(Melissa officinalis)</i>	Calms and relaxes; counters irritability and stress. Relieves restlessness, allowing sleep to occur naturally. Restores digestive stability.
Skullcap — herb <i>(Scutellaria lateriflora)</i>	Helps relieve nervous tension. Relaxes and calms; aids sleep. Reduces feelings of anxiety and stress.
Schisandra — fruit <i>(Schizandra chinensis)</i>	Adaptogenic tonic for the central nervous system. Supports, blood cleansing, kidney health and strong immune responses. Restores vitality, libido, and related functions.
St. John's Wort — flower <i>(Hypericum perforatum)</i>	Reduces feelings of stress and anxiety. Calms the nerves; helps relieve mild depression. Supports healthy sleep patterns.
Passion Flower — herb <i>(Passiflora incarnata)</i>	Relaxes and calms; encouraging healthy, deep, and restful sleep.
Vervain — herb <i>(Verbena officinalis)</i>	Calms nervous tension. Helps to relieve sleeplessness.
German Chamomile — flower <i>(Matricaria recutita)</i>	Relaxes nervous system. Calms and quiets digestion.

Chevallier, A., *Encyclopedia of Medicinal Plants*,
Dorling & Kindersley Ltd., London, 1996.

Hoffman, D., *The Complete Illustrated Holistic Herbal*,
London, 1996.

Hsu, Hong-Yen, *Oriental Materia Medica*, Keats Publishing
Company, New Canaan, CT, 1986.

McIntyre, A., *The Complete Woman's Herbal*,
Gala Books, Ltd., London, 1994.

HERBAL REST & RELAX

SUGGESTED USE: 1 tablet at evening meal and 1 at bedtime.

The herbs lemon balm, skullcap, schisandra and passion flower promote calm relaxation. The herbs damiana and St. John's Wort help lift mood to support healthy sleep patterns.*

* 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.

To let the body truly relax, herbalists have long believed that you must first "calm the mind." Herbal Rest & Relax is formulated to support the natural state of calm wellness which precedes optimal rest.

NOT SOLD IN RETAIL STORES
Available Exclusively From GNLD Distributors

Distributed by:



Golden Neo-Life Diamite International
Fremont, California 94538 U.S.A.

Golden Neo-Life Diamite International, Ltd.
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Leading edge nutrition since 1958.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving

Herbal Extract Blend	301 mg*
Damiana (<i>Turnera diffusa</i>) (leaf) (6:1); Lemon balm (<i>Melissa officinalis</i>) (leaf) (6:1); Skullcap (<i>Scutellaria lateriflora</i>) (herb) (5:1); Schisandra (<i>Schizandra chinensis</i>) (fruit) (4:1); St. John's wort (<i>Hypericum perforatum</i>) (flower) (6:1); Passion flower (<i>Passiflora incarnata</i>) (herb) (5:1); Vervain (<i>Verbena officinalis</i>) (herb) (5:1); German chamomile (<i>Matricaria recutita</i>) (flower) (5:1).	

* Daily Value not established

Other ingredients: Microcrystalline cellulose, sodium croscarmellose and magnesium stearate.

Store in a cool, dry place, away from direct sunlight.



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