

Herbal Rest & Relax



**Promotes restful sleep and
refreshed awakening***

Promueve un sueño reparador y
un despertar renovado*



Dietary Supplement
60 TABLETS

Herbal Rest & Relax

Rest* • Relax* • Renew*



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

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 laterifolia</i>) (herb) (5:1); Schisandra (<i>Schisandra 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.

DISTRIBUTED BY:
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NEOLIFE®
Herbal Rest & Relax

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.*

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.*

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



*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.

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Carefully selected herbs with lemon balm, skullcap, schisandra,
and passion flower to promote calm relaxation.*