BEAUTY REST

BEAUTY REST DOSAGE

Take 2 capsules 30 minutes prior to bedtime.

BEAUTY REST BENEFITS

Beauty Rest is a sleep, recovery, and metabolism booster with soothing natural ingredients that promote a rested and energized mind and body. **Beauty Rest** works to help you get deep, restful sleep by using two key ingredients, melatonin and valerian root. Melatonin is a key, natural hormone our bodies produce to aid in inducing the sleep cycle and allows you to slip into deep REM (rapid eye movement) sleep cycles. Valerian root is commonly used to treat sleep disorders and anxiety.*

Increase Metabolism While Sleeping!

Beauty Rest's formula contains two crucial nutrients that aid in boosting metabolism and burning fat. L-carnitine is a potent, non-stimulant fat burner. Even in your most restful state, L-carnitine may help boost your metabolism and burn fat. It's also a great supplement for helping to improve mental functioning. Raspberry ketones help promote decreased metabolic rate, support a healthy appetite, and support energy enhancement.

Warning: Do not exceed the recommended dosage listed. This product is not intended for use by any persons under age 18, who are pregnant or lactating, or have serious medical conditions. All persons should consult a physician before using dietary supplements, as individuals may have different supplement needs. Consumption of this product inconsistent with recommended usage may produce adverse side effects. Discontinue use if you have adverse symptoms.

KEEP OUT OF REACH OF CHILDREN.

KEEP CONTAINER TIGHTLY CLOSED IN A COOL, DRY AND DARK PLACE.

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

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BEAUTY REST

NIGHTTIME BEAUTY PRODUCT

» Increase Metabolism While Sleeping*
» Deep, Restful Sleep*
» Recover From Daily Stress*

60 CAPSULES

Dietary Supplement

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin A	1667 IU	33%
Vitamin C (as Ascorbic Acid)	200 mg	333%
Vitamin D3 (Cholecalciferol)	10 mcg	50%
Vitamin E (dl-Alpha Tocopheryl Acetate)	10 mg	33%
Vitamin B1 (Thiamine HCl)	5 mg	333%
Vitamin B2 (Riboflavin)	5 mg	294%
Vitamin B3 (Niacinamide)	10 mg	50%
Vitamin B6 (Pyridoxine HCl)	5 mg	250%
Folate	400 mcg	100%
Vitamin B12 (Methylcobalamin)	10 mcg	167%
Biotin (as Natural Sea Buckthorn Oleoresin)	50 mcg	17%
Pantothenic Acid (as Calcium Pantothenate)	10 mg	100%
Choline (as Natural Sea Buckthorn Oleoresin)	100 mg	18%
Inositol (as Natural Sea Buckthorn Oleoresin)	100 mg	14%
Beauty and Metabolism Formula	1,700 mg	
Green Tea Leaf Extract (95% polyphenols)		
L-Carnitine L-Tartrate		
Black Cohosh Extract (4:1 [stems and leaves])		
L-Theanine		
Saccharomyces Boulardii Complex		
Green Tea Leaf Extract (min. 45% polyphenols)		
Raspberry Ketones		
Hydroxycitric Acid		
Raspberry Ketone (98% min.)		
Garcinia Cambogia Extract (50% HCA)		
5-HTP (Griffonia Seed Extract)		
Vegetarian Capsule (Hypromellose, Purified Water)		

*Percent Daily Value "DV" Not Established.

Other Ingredients: Cellulose, Microcrystalline Cellulose, Silica, Magnesium Stearate, Titanium Dioxide, FD&C Red #3, FD&C Blue #1.

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