

Self Care Starts with Rest and Nutrition

Use Beauty Rest to revitalize your inner and outer beauty each night.*

The aging process naturally depletes our body's collagen production. Beauty Rest has been scientifically formulated to help provide 7 grams of bovine collagen peptides, as well as GABA, Theanine and Magnesium Bisglycinate for added relaxation and sleep aid. Sleep is an essential part of maintaining beautiful, vibrant skin. Enjoy Beauty Rest as a way to promote sleep and help maintain your optimal skin health.*

Suggested Use: Combine 1 scoop with 8 fl. oz. of water, milk, coffee, or your favorite smoothie, mix thoroughly.



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



Manufactured for:
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Health Logics

BEAUTY REST
COLLAGEN

Healthy Skin, Hair, Nail and Joint Health*
Collagen Peptides+GABA+Glycine
Theanine+ Magnesium for Beauty Sleep*

20 Servings

Dietary Supplement

Net Weight 7.9 OZ (224 G)



Natural Chocolate Flavor

Supplement Facts

Serving Size 1 scoop (11.2 g)
Servings Per Container 20

Amount Per Serving		% Daily Value*
Calories	40	
Total Fat	0.5g	<1%
Saturated Fat	<0.5g	<2%
Sodium	30mg	1%
Total Carbohydrate	1g	<1%
Dietary Fiber	<1g	3%
Total Sugars	<0.5g	
Protein	7g	
Magnesium (as Magnesium Bisglycinate Chelate and Magnesium Oxide)	100 mg	24% **
Bovine Collagen Peptides	7 g	**
GABA (gamma-Aminobutyric acid)	100 mg	**
L-Glycine	500 mg	**
L-Theanine	100 mg	**
Phytoceramide Extract 10:1	20 mg	

* Percent Daily Values are based on a 2,000 calorie diet

** Daily Value Not Established

Other Ingredients: Cocoa Powder, Non-Dairy Creamer, Monk Fruit Extract, Natural Vanilla Flavor, Sea Salt.

Contains: Tree nut (Coconut)

NOTE: Consult your healthcare provider if you are pregnant or lactating, have a serious health condition, or are taking prescription medicine.

Do not use if safety seal is damaged or missing. Store in a cool, dry place with lid tightly closed. Keep out of the reach of children.

Amino Acid Profile

Alanine	8.6%
Arginine	7.3%
Aspartic Acid	5.8%
Glutamic Acid	10.2%
Glycine	22.2%
Histidine	1.0%
Hydroxyproline	11.9%
Isoleucine	1.4%
Leucine	2.7%
Methionine	0.9%
Phenylalanine	2.1%
Proline	12.7%
Serine	3.2%
Threonine	1.8%
Lysine	3.6%
Hydroxylysine	1.6%
Tyrosine	0.8%
Valine	2.4%

Amino Acid values listed above represent typical averages for edible hydrolyzed collagen and are for informational purposes only.