

Trouble Sleeping?

As we age and lead busier lives, our bodies produce less melatonin, the key ingredient we need to fall asleep and stay asleep. REMfresh®, made with 99% ultrapure UltraMel® melatonin, helps supplement the body's own natural levels of melatonin for up to 7 hours.†

The REMfresh® Advantage

Only REMfresh® has the breakthrough melatonin IPP® (Ion-Powered Pump®) technology. This helps you sleep soundly and wake up refreshed to conquer the new day.†

REMfresh® 7 hour absorption, known as the MESA-WAVE®, has been shown in a clinical trial.*



Directions for use: Take 1 caplet 30 to 90 minutes before intended bedtime. For extra support, take 2 caplets nightly. Do not exceed 10 mg nightly.

Supplement Facts

Serving Size: 1 Caplet

Amount Per Serving

1 Caplet

Melatonin (UltraMel®)

0.5 mg**

**Daily Value (DV) not established.

Other Ingredients: Silicified Microcrystalline Cellulose, Hydroxypropyl Methylcellulose, Citric Acid, Starch, Talc. Less than 2% of: Magnesium Stearate, Titanium Dioxide, Sodium Carboxymethylcellulose, Dextrose Monohydrate (from wheat), Polyvinyl Alcohol, Silicon Dioxide, Cellulose, Polyethylene Glycol, Mica-based Pearlescent Pigment, FD&C Blue #1 Lake, Glycerin, Polysorbate 80, FD&C Yellow #5 Lake.

Manufactured for Physician's Seal®, LLC, Boca Raton, FL 33487

Individual results may vary. Please read package insert for more information.

†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.

WARNING: Intended for occasional sleeplessness. Consult a physician before use: if you are under the age of 18 (note: low-dose melatonin is frequently recommended by doctors down to the age of 6); if you are experiencing long-term sleep difficulties; if pregnant, attempting to become pregnant, or nursing; if you have a medical condition, are taking medication, or have chronic diseases; if you are taking sedatives, tranquilizers or any other sleep aid. If there are serious medical issues, REMfresh is not recommended. Do not drive or operate machinery when taking melatonin. Do not use when consuming alcohol. Keep out of reach of children. Store at room temperature. Do not use if blister is torn or ripped or if there is any other evidence of tampering. Consult a physician if using any supplement for the first time. The company will strive to keep information current and consistent but may not be able to do so at any specific time. Generally, the most current information can be found on www.REMfresh.com

LITE REMfresh®

CLINICALLY TESTED*

Advanced Ion-Powered Melatonin™



7 Hour Absorption*

Fall Asleep Faster†
Stay Asleep Longer†
Improve Sleep Quality†
Wake Up REfreshed†



0.5 mg UltraMel® Melatonin
DIETARY SUPPLEMENT 36 Nightly GentleTabs

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Patents/Trade dress/Trademarks at www.REMfresh.com

REMfresh® is protected by U.S. patents
No.: 8,691,275; 9,186,351; 9,241,926; 9,549,900.

Questions or Comments: 866-554-7071

†Among primary care physicians with a certification in sleep disorders who recommended a brand of melatonin. IQVIA ProVoice Jan. - Feb. 2019 survey.

*REM Absorption Kinetics Trial (REMAKT), a pharmacokinetics trial of 5 mg REMfresh, not a sleep study. Results peer-reviewed and published in Primary Care Companion for CNS Disorders journal, 2019.

Rev. 09.19

VC16-1247D



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