

Trouble Sleeping?

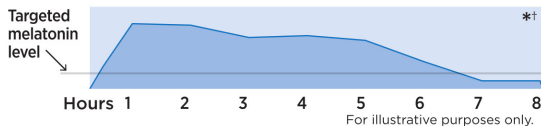
As we age and lead busier lives, our bodies produce less melatonin, the key ingredient we need to fall asleep and stay asleep. REMfresh®, made with 99% ultrapure UltraMel® melatonin, helps support the body's own natural levels of melatonin for up to 7 hours.*

The REMfresh® Advantage

Only REMfresh® has the breakthrough melatonin IPP® (Ion-Powered Pump®) technology that promotes continuous release and absorption, allowing you to sleep longer and wake up ready to conquer the day.†

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

Fall asleep faster[†] Stay asleep longer[†] Improve sleep quality[†] Wake up REfreshed[†]



Suggested Usage: Take 1 caplet 30 to 90 minutes before intended bedtime. For extra support, take 2 caplets nightly. Do not exceed 10 mg nightly. Intended for occasional sleeplessness.

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%DV
Melatonin (UltraMel®)	0.5 mg **

**Daily Value (DV) not established.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL METHYLCELLULOSE, CITRIC ACID, MODIFIED CORNSTARCH, TALC, AND LESS THAN 2% OF MAGNESIUM STEARATE, SILICON DIOXIDE, TITANIUM DIOXIDE (COLOR), CELLULOSE GUM, DEXTROSE (FROM WHEAT), POLYVINYL ALCOHOL, CELLULOSE, POLYETHYLENE GLYCOL, BLUE 1 LAKE, MICA-BASED PEARLESCENT PIGMENT (COLOR), GLYCERIN, POLYSORBATE 80, YELLOW 6 LAKE. **CONTAINS: WHEAT**

Manufactured for Nestlé HealthCare Nutrition, Inc., Bridgewater, NJ 08807 USA

†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.

Store in a cool, dry place.

Contains a bioengineered food ingredient.

Warning: Consult a healthcare provider if you are experiencing long-term sleep difficulties, before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids. Keep out of reach of children. Do not use if blister is torn or ripped or if there is any other evidence of tampering.

**REMfresh® Lite has 0.5 mg of melatonin per serving compared to the 2 mg 5 mg and 10 mg per serving REMfresh® products.

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
36 CAPLETS

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***REM** Absorption Kinetics Trial (**REMAKT**), a pharmacokinetic trial of 5 mg REMfresh®, not a sleep study. Approved after peer review and then published in *Primary Care Companion for CNS Disorders*, 2019.

Individual results may vary.

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†Among primary care physicians with a certification in sleep disorders who recommended a non-prescription sleep aid brand. IQVIA ProVoice 2020 survey.

REMfresh® is protected by U.S. patents No.: 8,691,275; 9,186,351; 9,241,926; 9,549,900; 10,226,447; 10,751,323.

Questions/Comments: CALL US TOLL FREE 1-866-554-7071
Or visit www.REMfresh.com

VISTA COLOR®

VC16-1247D