



NaturalRest **PLUS+**

A natural nighttime relaxing formula
to support a restful night's sleep.

- Herbs • Enzymes • ConcenTrace®
- GABA • L-Theanine • Calcium
- Certified Vegan • Gluten Free

60 tablets • DIETARY SUPPLEMENT

NaturalRest Plus provides a relaxing blend of all natural herbs, enzymes, calcium, and body balanced sea minerals from Utah's inland sea, the Great Salt Lake, to calm, nourish, and balance the nervous system for a better night's sleep.† You may expect a wide spectrum of nutritional benefits.‡

Suggested Use: Take 2 tablets 1 hour before bedtime for best results.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Supplement Facts

Serving Size 2 Tablets
Servings Per Container 30

Amount Per Serving	%DV
Calories	5
Total Carbohydrate	1g 1%
Calcium (as Calcium Citrate)	60 mg 6%
Iron	0.4 mg 2%
Magnesium (from ConcenTrace® & Mag. Citrate)	50 mg 13%
Chloride (from ConcenTrace® & Pot. Chloride)	145 mg 4%
Sodium (from ConcenTrace®, Sodium Citrate)	10 mg <1%
Potassium (from Pot. Chloride & ConcenTrace®)	70 mg 2%
Alfalfa Leaf	400 mg †
Herbal Blend	300 mg †
Valerian Root Concentrate, Passionflower Herb, Black Cohosh Root 4:1 Extract, Chamomile Flower Concentrate, Skullcap Herb, Wood Betony Herb, Hops Stridole, Capsicum Fruit.	
Low-Sodium ConcenTrace®	275 mg †
A complex of over 72 naturally occurring ionic trace minerals from Utah's inland sea, the Great Salt Lake.	
GABA (Gamma Amino Butyric Acid)	150 mg †
L-Theanine (Gamma-Ethylamino-L-Glutamic Acid)	25 mg †
Sulfate (from ConcenTrace®, Calcium Sulfate)	20 mg †
Enzyme Complex	15 mg †
Amylase, Cellulase, Protease, Bromelain, Lipase.	
Boron (as Boron Citrate)	550 mcg †
* Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value not established.	

Other Ingredients: Stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, and microcrystalline cellulose. **CERTIFIED VEGAN.**

Allergen Info: contains no known allergens. **GLUTEN FREE.** Plus over 72 naturally occurring ionic trace minerals found in seawater. ConcenTrace® is a trade name for concentrated sea minerals from the Great Salt Lake.

† 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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BEST BY DATE