Night Rest™

Bio-Aligned Formula™ * With Melatonin



enlarge bottle

Night Rest is a Bio-Aligned Formula that supports the multiple body systems related to sleep and relaxation: neuro-inhibitory transmitters, hormonal function and the musculoskeletal system. Night Rest combines the powerful properties of melatonin and the key inhibitory neurotransmitter GABA with amino acids and soothing herbs. This uniquely comprehensive combination utilizes cutting-edge technology and traditional herbalism to create a potent and relaxing nighttime formula.

Supplement Facts

Serving Size: 2 tablets

	Amount	%DV
Magnesium (as magnesium glycinate & taurinate)	200 mg	0.5
Glycine (as magnesium glycinate & glycine)	502 mg	
Taurine (as magnesium taurinate)	435 mg	†
Passion Flower	120 mg	†
GABA (gamma amino butyric acid)	100 mg	†
Skullcap Leaf & Stem	70 mg	†
Chamomile Flower Extract (4:1)	60 mg	†
Melatonin	4 mg	†

In - Depth Info



PDF **Bio-Aligned™ Brochure**

Feeling symptom free means you're happy just to be alive and breathing. Your mood is positive,...



PDF **NightRest™ chartbook**

People try all kinds of things, from warm drinks to soothing music, to help them get a restful...

Related Symptoms

Sleep

Related Articles

Bio-Aligned Chart

NightRest™ • Nighttime Formula with Melatonin

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Other Ingredients: ingredients: stearic acid, modified cellulose gum, dibasic calcium phosphate, acacia gum, colloidal silicon dioxide and magnesium stearate.

Warning: half tablet may be sufficient for some people. Do not exceed suggested use.

Suggested Use: 1 to 2 tablets as desired 30 to 60 minutes before going to sleep. One half tablet may be sufficient for some people. Do not exceed suggested use.

USE ONLY AT BEDTIME. For adult use only. Not for use by children, teenagers, or pregnant or breastfeeding women. If you are under medical supervision, or have an autoimmune disease, diabetes, a depressive disorder, a thyroid condition, epilepsy, leukemia, or a lymphoproliferative disorder, or are taking MAO inhibitor drugs or corticosteroids such as cortisone or prednisone, consult your physician before taking this product.

SN0357 50 tabs • SN0358 100 tabs • SN1387 200 tabs



Male Response™
Bio-Aligned Formula™ * Virility Complex



AHCC®
Active Hexose Correlated Compound



