



FAST FACTS ABOUT HERBAL REST & RELAX

To help relax the body, master herbalists have long believed that one must first “calm the mind,” and that certain herbs work to balance and quiet the mind — essential before true relaxation or a good night’s sleep can be experienced. GNLD’s Herbal Rest & Relax contains a unique blend of herbs formulated to support a relaxed body and quiet mind, which is essential for optimal rest and a good night’s sleep.

WHY CHOOSE HERBS FOR RELAXATION?

- Because herbs have been proven effective from centuries of use.
- Because herbs have a long history of safe use, without the side effects associated with chemical drugs.
- Because herbs are nature’s solutions to wellness challenges.
- Because herbs are non-habit-forming.
- Because herbs work naturally and gently to calm the body and mind to support relaxation and sleep.
- Because herbs have been shown to restore the body’s balance and help the body perform at its vital best.
- Because herbs have been shown to help relieve nervous tension, reduce stress and mild anxiety, relieve the inability to fully relax, and assist with occasional sleeplessness.

WHY GNLD HERBAL REST & RELAX?

- **Comprehensive formula.** Our unique “complete family” approach to the formula provides broad, synergistic effects of the herbal constituents, which optimizes their ability to support a relaxed body and quiet mind—essential for normal sleep function.
- **Herbs are selected from many global traditions**, bringing you the best herbal knowledge from around the world.
- **Contains St. John’s Wort**, which has been shown to help support calmness, relieve low mood, reinforce positive mental attitude, and support healthy sleep patterns.
- **Contains Lemon Balm and Passion Flower** which have been shown to help calm and relax the body, aid sleep and reduce depression.
- **Guaranteed purity, potency, and consistency.**
- **100% natural herbal formula** contains no chemical or animal products.





The following benefits have been attributed to the herbs contained in GNLD's Herbal Rest & Relax by master herbalists:

HERB	ACTIONS AND BENEFITS
Damiana — leaf <i>(Turnera diffusa)</i>	Calms nervous system, assists stress relief and healthy sleep patterns. Supports kidney health. Restores vitality, libido, and related functions.
Lemon Balm — leaf <i>(Melissa officinalis)</i>	Calms and relaxes; counters irritability and stress. Relieves restlessness, allowing sleep to occur naturally. Restores digestive stability.
Skullcap — herb <i>(Scutellaria lateriflora)</i>	Helps relieve nervous tension. Relaxes and calms; aids sleep. Reduces feelings of anxiety and stress.
Schisandra — fruit <i>(Schizandra chinensis)</i>	Adaptogenic tonic for the central nervous system. Supports, blood cleansing, kidney health and strong immune responses. Restores vitality, libido, and related functions.
St. John's Wort — flower <i>(Hypericum perforatum)</i>	Reduces feelings of stress and anxiety. Calms the nerves; helps relieve mild depression. Supports healthy sleep patterns.
Passion Flower — herb <i>(Passiflora incarnata)</i>	Relaxes and calms; encouraging healthy, deep, and restful sleep.
Vervain — herb <i>(Verbena officinalis)</i>	Calms nervous tension. Helps to relieve sleeplessness.
German Chamomile — flower <i>(Matricaria recutita)</i>	Relaxes nervous system. Calms and quiets digestion.

Chevallier, A., *Encyclopedia of Medicinal Plants*,
Dorling & Kindersley Ltd., London, 1996.

Hoffman, D., *The Complete Illustrated Holistic Herbal*,
London, 1996.

Hsu, Hong-Yen, *Oriental Materia Medica*, Keats Publishing
Company, New Canaan, CT, 1986.

McIntyre, A., *The Complete Woman's Herbal*,
Gala Books, Ltd., London, 1994.

HERBAL REST & RELAX

SUGGESTED USE: 1 tablet at evening meal and 1 at bedtime.

The herbs lemon balm, skullcap, schisandra and passion flower promote calm relaxation. The herbs damiana and St. John's Wort help lift mood to support healthy sleep patterns.*

*** 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.**

To let the body truly relax, herbalists have long believed that you must first "calm the mind." Herbal Rest & Relax is formulated to support the natural state of calm wellness which precedes optimal rest.

NOT SOLD IN RETAIL STORES
Available Exclusively From GNLD Distributors

Distributed by:



Golden Neo-Life Diamite International
Fremont, California 94538 U.S.A.

Golden Neo-Life Diamite International, Ltd.
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Leading edge nutrition since 1958.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving

Herbal Extract Blend	301 mg*
Damiana (<i>Turnera diffusa</i>) (leaf) (6:1); Lemon balm (<i>Melissa officinalis</i>) (leaf) (6:1); Skullcap (<i>Scutellaria lateriflora</i>) (herb) (5:1); Schisandra (<i>Schizandra chinensis</i>) (fruit) (4:1); St. John's wort (<i>Hypericum perforatum</i>) (flower) (6:1); Passion flower (<i>Passiflora incarnata</i>) (herb) (5:1); Vervain (<i>Verbena officinalis</i>) (herb) (5:1); German chamomile (<i>Matricaria recutita</i>) (flower) (5:1).	

* Daily Value not established

Other ingredients: Microcrystalline cellulose, sodium croscarmellose and magnesium stearate.

Store in a cool, dry place, away from direct sunlight.



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