



Pure Rest™ is a fast-acting melatonin supplement that promotes the body's natural sleep and wake cycles. Research shows that getting enough sleep can help people feel energized, be more productive, and even increase their odds of living healthier lives. Additionally, sleep is required to maintain normal brain and immune function.

Who to Share With

- People who travels to different time-zone
- People who have sleeping difficulties

Why USANA's Pure Rest

- Pure Rest contains 2 mg of melatonin in dissolvable, orange-flavored tablet.
- Melatonin is a naturally occurring hormone that promotes sleep and helps regulate the body's natural sleep and wake cycles.



How to Use

Adults take ½ to 2 dissolvable tablets as needed one hour before bedtime for relief of occasional sleeplessness.



SUPPLEMENT FACTS

SERVING SIZE: 1 TABLET

AMOUNT PER SERVING	%DV
MELATONIN	2 mg †

†DAILY VALUE NOT ESTABLISHED

OTHER INGREDIENTS: FRUCTOSE, ASCORBYL PALMITATE, SILICON DIOXIDE, NATURAL ORANGE FLAVOR.

56 Tablets/Bottle

Item# 141

While You are Sleeping...

While asleep, the body's cells and tissues have the opportunity to recover from the previous day. Many of the body's major restorative functions occur almost entirely during sleep, including tissue repair, muscle growth, and protein synthesis.