

**Rest Reset™**  
**Advanced sleep formula‡**

**DESCRIPTION**

Rest Reset™ is a unique formula combining Lactium® casein decapeptide, passion flower extract and melatonin to support multiple facets of sleep, stress and cortisol regulation. Lactium® has been shown to provide a calming effect and may support healthy sleep patterns by modifying nervous transmission in the GABA receptor to support the function of the HPA axis. ‡ Passion flower provides a calming effect and melatonin helps to maintain normal sleep cycles. ‡

**INDICATIONS**

- Advanced formula to promote restful sleep.‡

**FUNCTIONS AND MECHANISMS OF ACTION**

Chronic stress inhibits deep sleep, or delta wave sleep, otherwise known as NREM stage 3 or stage 4, and which can prematurely wake individuals and impair the ability to fall back asleep. Deep sleep is important for the body’s mental and physical restoration. Stress can also lower serotonin and GABA neurotransmitters in the brain and gastrointestinal tract, further inhibiting deep sleep. ‡

The neurochemical and hormonal reactions to stress are regulated through the Hypothalamic-Pituitary-Adrenal axis (HPA axis), designed for acute stressors that resolve rapidly. Present day chronic, low-grade stress results in the continual release of CRH (Corticotrophin Releasing Hormone) from the hypothalamus. This chronic secretion causes dysfunction in the HPA axis, desensitizing the hypothalamic and pituitary receptors to negative feedback from adrenaline, noradrenalin and cortisol. ‡

**Lactium®**, a bioactive decapeptide, alpha-1 sequence isolated from milk, has been shown to have multiple actions on the GABA-receptor, promoting relaxation. In vitro study results identified that the molecule binds specifically to the BZD site of the GABA-A receptor and does NOT bind to the PBR site of the GABA-A receptor responsible for the sedating effects seen with benzodiazepines. Healthy subjects taking Lactium maintained healthy plasma cortisol levels throughout combined stress tests and a stable heart rate compared to the control group. ‡

**Passion flower (*Passiflora incarnata*)** provides calming effects. Passion flower contains flavonoids, vitexin, chrysin and apigenin, which have been shown in animal studies to moderate corticosterone and support relaxation. ‡

**Melatonin** is a natural hormone nutrient that is synthesized from the amino acid tryptophan by the pineal gland deep in the center of the brain. Nocturnal melatonin production is highest in children and begins to decline from adolescence to adulthood. At night or in the dark, the body’s melatonin production rises and is thought to be responsible for bringing on sleep. In the body, melatonin appears to regulate sleep/wake cycles, support normal immune function, and protect cells from oxidative stress. Research on melatonin has focused on its role of supporting normal circadian rhythms, the REM-NREM stages, and sleep onset. ‡

**FORMULA (#202401-30X)**

Each vegetarian capsule contains:  
 Passion flower extract ..... 425 mg  
 (aerial parts) (*Passiflora incarnate L.*, standardized to 3.5% vitexin)  
 Lactium® Casein Hydrolysate ..... 175 mg  
 (containing a bioactive decapeptide)  
 Melatonin..... 3 mg

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Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, silica, ascorbyl palmitate.

**Non-GMO, Gluten-free**

### SUGGESTED USE

Adults take 1 capsule daily, 30-60 minutes before bedtime or as directed by a healthcare professional. Consult your practitioner for use after 4 weeks. Sereniten Plus by Douglas Laboratories can also be taken with this product for additional relaxation support or daytime stress support. ‡

### SIDE EFFECTS

No adverse side effects reported.

### PRECAUTIONS

If you are pregnant, nursing, taking medication (especially MAO inhibitors, immunosuppressant drugs, anticoagulation therapy or antihypertensive medication) or have a medical condition (including autoimmune, seizure, psychiatric or depressive disorders), or if you are experiencing long-term sleep difficulties, consult your healthcare practitioner before use. Not to be administered to children unless directed by your healthcare professional. Long-term use of melatonin has not been studied.

### DRUG INTERACTIONS

Do not take with alcohol. This product may be contraindicated for individuals taking corticosteroids.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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**For more information on Rest Reset, visit [douglaslabs.com](http://douglaslabs.com)**

‡ 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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