



Endocrine
Pure Rest™
Melatonin supplement



Pure Rest is a fast-acting melatonin supplement that helps reset the body's sleep-wake cycle.

THE BENEFITS OF PURE REST

USANA's Pure Rest is a non-habit forming supplement that supports the natural increase of melatonin production at night. When taken at bedtime, Pure Rest supports the body's natural circadian rhythms and helps promote sleep, which restores the body after daily exposure to free radicals and general wear and tear.

Sleep deprivation can have serious mental and physical consequences, resulting in poor concentration, impaired coordination, blurred vision, compromised immune function, and an increased risk of morbidity and mortality.

THE SCIENCE OF PURE REST

Pure Rest contains 2 mg of melatonin in a dissolvable, orange-flavoured tablet.

Melatonin is a naturally occurring hormone synthesized in the brain that regulates normal sleep and wake cycles. Melatonin levels naturally start to rise in the evening and remain elevated for most of the night, signalling to our body that it is time to sleep. As melatonin levels rise, we become less alert, feel drowsy, and eventually fall asleep. Evidence shows that getting enough quality sleep will not only help people feel energized and productive, but will also increase their odds of living healthier lives.

Those who sleep, on average, less than six hours per night have been shown to be much more likely to be obese and develop abnormal blood glucose levels (a precursor to type 2 diabetes) than those who average seven to eight hours a night. Women who do not get at least six hours of sleep a night are also more likely to have high blood pressure, which could lead to cardiovascular disease over time.

THE USANA DIFFERENCE

USANA's ultra-pure, fast-acting Pure Rest supplement is manufactured to the same high standards and carries the same potency guarantee as all tabulated products, so you can feel confident that it is safe and effective. Pure Rest is not a sleeping pill and is not habit forming. Additionally, it contains no animal ingredients.

Because individual needs vary, USANA scores the tablets so they can easily be broken in half to adjust the dosage as necessary.

ITEM #141

RECOMMENDED USE: HELPS RESET THE BODY'S SLEEP-WAKE CYCLE (ASPECT OF THE CIRCADIAN RHYTHM) / **USAGE RECOMMANDÉ:** AIDE À RÉÉQUILIBRER LE CYCLE SOMMEIL-VEILLE (ASPECT DU RYTHME CIRCADIEN).
DURATION OF USE: FOR USE BEYOND FOUR (4) CONTINUOUS WEEKS, CONSULT YOUR PHYSICIAN. / **DURÉE D'UTILISATION:** CONSULTÉZ VOTRE MÉDECIN POUR UN USAGE AU-DELÀ DE QUATRE (4) SEMAINES CONSECUTIVES.

RECOMMENDED ADULT DOSE: TAKE ½ TO TWO (2) SUBLINGUAL TABLETS DAILY, ONE HOUR BEFORE BEDTIME. / **DOSE RECOMMANDÉE POUR ADULTES:** METTRE SOUS LA LANGUE DE ½ À DEUX (2) COMPRIMÉS TOUTS LES JOURS UNE HEURE AVANT DE VOUS COUCHER.

EACH TABLET CONTAINS: **MEDICINAL INGREDIENTS** MELATONIN 2 mg
CHAQUE COMPRIMÉ CONTIENT: **INGRÉDIENTS MÉDICINAUX** MÉLATONINE

NON-MEDICINAL INGREDIENTS: FRUCTOSE, NATURAL ORANGE FLAVOUR, ASCORBYL PALMITATE, SILICON DIOXIDE. / **INGRÉDIENTS NON MÉDICINAUX:** FRUCTOSE, ARÔME NATUREL D'ORANGE, PALMITATE D'ASCORBYLE, DIOXYDE DE SILICIUM.

LABORATORY TESTED. QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DISINTEGRATION, LE CAS ÉCHÉANT.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING. / CE FLAÇON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE.

DISTRIBUTED BY: / **DISTRIBUÉ PAR:** USANA CANADA COMPANY
80 INNOVATION DRIVE, WOODBRIDGE, ONTARIO L4H 0T2

STORE BELOW 25 °C / CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25 °C

MADE IN USA / FABRIQUÉ AUX É.-U.

CAUTION: KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE A HORMONAL DISORDER, DIABETES, LIVER OR KIDNEY DISEASE, CEREBRAL PALSY, SEIZURE DISORDERS, MIGRAINE, DEPRESSION AND/OR HYPERTENSION OR IF YOU ARE TAKING BLOOD PRESSURE OR SEDATIVE/HYPNOTIC MEDICATIONS. IF SYMPTOMS OF SLEEPLESSNESS PERSIST CONTINUOUSLY FOR MORE THAN 4 WEEKS, CONSULT YOUR PHYSICIAN. DO NOT USE IF YOU ARE PREGNANT OR NURSING, OR IF YOU ARE TAKING IMMUNOSUPPRESSIVE DRUGS. DO NOT DRIVE OR USE MACHINERY FOR 5 HOURS AFTER TAKING MELATONIN. / **MISE EN GARDE:** GARDER HORS DE LA PORTÉE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN AVANT D'UTILISER CE PRODUIT SI VOUS SOUFFREZ DE PROBLÈMES HORMONAUX, DE DIABÈTE, D'UNE MALADIE DU FOIE OU DES REINS, DE PARALYSIE CÉRÉBRALE, DE TROUBLES ÉPILEPTIQUES, DE MIGRAINE, DE DÉPRESSION OU D'HYPERTENSION OU SI VOUS PRENEZ DES MÉDICAMENTS POUR LA TENSION ARTÉRIELLE, DES SÉDATIFS OU HYPNOTIQUES. CONSULTEZ VOTRE MÉDECIN DANS LE CAS DE SYMPTÔMES D'INSOMNIE PERSISTANT PENDANT PLUS DE QUATRE (4) SEMAINES. NE PAS UTILISER CE PRODUIT SI VOUS ÊTES ENCEINTE OU SI VOUS ALLAITEZ OU SI VOUS PRENEZ DES MÉDICAMENTS IMMUNODÉPRESSEURS. NE PAS CONDUIRE OU UTILISER DE LA MACHINERIE PENDANT 5 HEURES APRÈS AVOIR PRIS DE LA MÉLATONINE.

References

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Optimizers

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