

# Relaxing Melatonin-Free Mint Tea for Sleep & Anti-Aging\*

## REST & REWIND | SLEEP & ANTI-AGING

Make anti-aging part of your bedtime routine. This mint tea is melatonin-free and formulated with natural lemon balm and clinically tested 5-HTP to help you fall asleep and promote more restful sleep plus potent polyphenols and antioxidants to support cellular health.\* Now you can get a good night's sleep that looks good on you.

#21506 | 20 SERVINGS  
RETAIL PRICE: \$30.45 | MEMBER PRICE: \$25.90



TAKE YOUR BEAUTY SLEEP SERIOUSLY.

## Why We Love It

- Helps you fall asleep faster and get more restful sleep with natural lemon balm extract, magnesium, and clinically tested 5-HTP\*
- Helps protect your cells while you sleep with a proprietary blend of antioxidant-rich polyphenols\*
- Available as a mint tea—simply mix with 8 oz. of warm water
- Vegan, gluten-free, nondairy, sugar-free

**DIRECTIONS:** Mix one stick with 8 oz. of warm water. Pairs well with do not disturb mode.

### Supplement Facts

Serving Size: 1 Stick (1.31 g)  
Servings per Container: 20

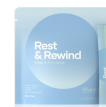
	Amt Per Serving	%DV
Calories	5	
Vitamin C (as ascorbic acid)	70 mg	78%
Magnesium (as magnesium sulfate)	100 mg	24%
Lemon Balm	300 mg	†
5-Hydroxytryptophan	100 mg	†
Polyphenols	75 mg	†
Proprietary Blend		
Muscadine grape extract ( <i>Vitis rotundifolia</i> ) (fruit pomace), Trans-Resveratrol ( <i>Polygonum cuspidatum</i> ) (root) standardized to a minimum of 98% purity, Red wine extract ( <i>Vitis vinifera</i> ) (fruit pomace), Pomegranate extract ( <i>Punica granatum</i> ) (fruit), Chebulic Myrobalan extract ( <i>Terminalia chebula</i> ) (fruit), Black currant extract ( <i>Ribes nigrum</i> ) (fruit), Red grape extract ( <i>Vitis vinifera</i> ) (fruit and skin), Purple carrot extract ( <i>Daucus carota sativus</i> ) (root).		

†Daily Value (DV) not established.

Other Ingredients: Sodium Citrate, Natural Flavor, Rebaudioside M.

\*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.





## FAQS

### WHAT INGREDIENTS ARE IN REST & REWIND?

Rest & Rewind contains ingredients for both sleep and cellular health.\* It contains lemon balm (300 mg), magnesium (100 mg), and clinically tested 5-HTP (100 mg) plus an exclusive blend of polyphenol antioxidants.

### WHAT IS 5-HTP? HOW DOES IT HELP WITH SLEEP?

5-Hydroxytryptophan (5-HTP) is an amino acid made from L-tryptophan. It's a precursor for serotonin, a chemical in the brain that affects sleep, and melatonin, a hormone that helps control sleep patterns.\*

### WHY IS IT IMPORTANT TO KEEP YOUR CELLS HEALTHY?

All living matter, including your body, is made of cells. Unfortunately, your cells face constant attacks from things like the food you eat, the air you breathe, and other environmental factors you encounter. When your cells are attacked, they can become damaged, which can affect their ability to work effectively and set off a chain reaction that causes them to age and, therefore, you to age. But if you keep your cells healthy, you keep yourself healthy.

### WHO SHOULD USE REST & REWIND?

Rest & Rewind is perfect for anyone wanting sleep support without pills or melatonin.

### CAN I USE REST & REWIND WITH DREAM SERENE™?

We recommend that you use either Rest & Rewind or Dream Serene. Not both.

### HOW ARE REST & REWIND AND DREAM SERENE THE SAME? DIFFERENT?

Rest & Rewind and Dream Serene share the common goal of supporting sleep. However, they differ in their approach: Rest & Rewind supports sleep with a mint-flavored herbal tea with magnesium and 5-HTP with an antioxidant boost to support cellular health while you sleep, while Dream Serene provides sleep-supporting herbs and melatonin but does not have the antioxidant boost.\*

### CAN I USE REST & REWIND WITH VIVIX®?

Absolutely. Rest & Rewind supports cellular health during sleep, complementing your natural restorative processes, while Vivix specifically targets and slows down aging at the cellular level.\*

### WHAT'S THE BEST WAY TO USE REST & REWIND?

We recommend mixing 1 stick pack with 8 oz. of warm water and drinking 30 minutes before bed.

### DOES REST & REWIND HAVE A FLAVOR?

Yes, Rest & Rewind is a mint-flavored tea.

### HOW MANY STICK PACKS CAN I TAKE PER DAY?

We recommend you take one stick pack nightly.

### IS IT SAFE TO USE REST & REWIND IF I AM CURRENTLY TAKING MEDICATIONS OR HAVE A MEDICAL CONDITION?

Consult with your physician before using Rest & Rewind if you have a medical condition, are taking a prescription medication, or are concerned about how you will react to it.

### CAN THIS PRODUCT BE USED WHEN PREGNANT OR NURSING?

Rest & Rewind is not recommended for use by pregnant or nursing women.

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REST & REWIND

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**CAN THIS PRODUCT BE USED BY CHILDREN?**

Rest & Rewind is formulated for adults and is not recommended for use by children under the age of 18.

**IS REST & REWIND VEGAN?**

Yes. Rest & Rewind is vegan.

**IS REST & REWIND KOSHER CERTIFIED?**

No. Rest & Rewind is not Star-K-Kosher.

**IS REST & REWIND GLUTEN-FREE?**

Yes. Rest & Rewind is gluten-free.

**IS REST & REWIND NONDAIRY?**

Yes. Rest & Rewind is nondairy.

**IS REST & REWIND SUGAR-FREE?**

Yes. Rest & Rewind is sugar-free. It is sweetened with the zero calorie sweetener RebM (Rebaudioside M).

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