

FAST FACTS



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.

Herbal Rest & Relax

Why choose herbs for relaxation?

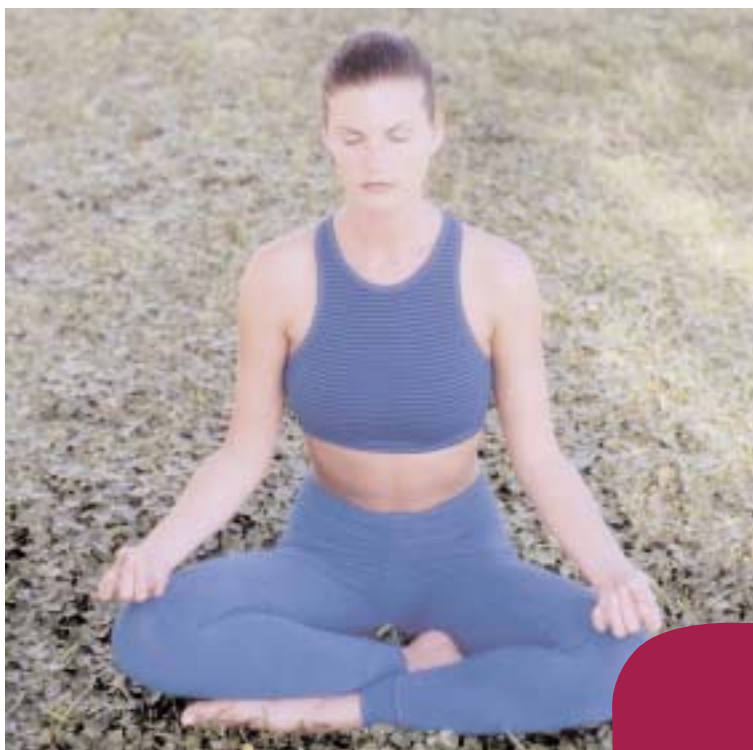
- Herbs have been proven effective from centuries of use.
- Herbs have a long history of safe use, without the side effects associated with chemical drugs.
- Herbs are nature’s solutions to wellness challenges.
- Herbs are non-habit-forming.
- Herbs work naturally and gently to calm the body and mind to support relaxation and sleep.
- Herbs have been shown to restore the body’s balance and help the body perform at its vital best.
- 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 optimises 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.

Herbal Rest & Relax may help if:

- you have feelings of stress
- you have tight shoulders
- you have tension headaches
- you are exhausted or irritable
- you are depressed or anxious
- you have insomnia – cannot sleep
- you have disturbed sleep
- you have nervous dyspepsia
- you travel frequently
- you want calm alertness
- you want restful sleep



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.
Scullcap – 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.

The GNLD Challenge:

Deliver pure, potent Herbal ingredients

GNLD's Herbal Rest & Relax, as part of our Herbal Alternatives range is superior to its market competitors. We are so confident that our product is without peer that we dare the competition to brave the "GNLD Herbal Alternatives Challenge." For a herbal supplement to be equivalent to GNLD's Herbal Alternatives, it must meet the following criteria:

	GNLD Herbal Alternatives	Competitors Herbal Products
Utilises polypharmacy – based on traditional herbalism, combines the synergistic benefits of selected herbs to optimise wellness.	✓	?
Benchmarks the industry standard for purity and cleanliness. Ensures herbal products free of contamination without using toxic gases or gamma radiation.	✓	?
Concentrated for potency and great value. Concentrates active ingredients at least five times their natural potency.	✓	?
Standardised active ingredients. Key active ingredients are standardised for consistent potency.	✓	?

Please remember to always read the label.



INTERNATIONAL

For more information please contact your local GNLD Distributor

References and suggested further reading

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

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

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

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

www.gnld.com.au
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