

# NIGHTREST™

*Nighttime Formula with Melatonin*

People try all kinds of things, from warm drinks to soothing music, to help them get a restful night's sleep. Few, however, are aware of the need to support the multiple body systems related to sleep and relaxation. NIGHTREST addresses this need by providing herbs and nutrients important for neuro-inhibitory transmitters, hormonal function and the musculoskeletal system.



	Neuro-Inhibitory Neurotransmitters	Hormonal Function	Musculoskeletal System	Stress Response
ACTION	<p>The brain communicates through the use of neurotransmitters, which can create different states of mind, such as relaxation. GABA is the primary inhibitory neurotransmitter, which can <b>prevent the brain from being overloaded by stimuli</b>. Thus GABA is associated with mental states of calm and serenity, and promotes muscle relaxation. The amino acid taurine acts to control the excitability of neurons in the brain. Various herbs have been used traditionally to help with sleep and relaxation.</p>	<p>Melatonin is a neurohormone produced by the pineal gland. Melatonin plays a crucial role in <b>maintaining our circadian rhythms, the body's own inner time-keeping mechanism</b>. This promotes rest and relaxation, and maintains healthy sleep-wake cycles. Melatonin is also a potent antioxidant.</p>	<p>Muscular relaxation can have an immediate soothing effect, on the mind as well as the body. Magnesium <b>promotes healthy nerve function and plays a key role in the relaxation of muscles</b>. Taurine helps support the uptake of calcium, which is also involved in neuromuscular function.</p>	<p>Traditionally, certain herbs have been used to <b>balance the body's response to stressful situations and restlessness</b>. They may support the normal function of the nervous system.</p>
CONTENT	GABA, Glycine, Taurine	Melatonin	Magnesium, Taurine	Chamomile, Passion Flower, Skullcap

