

# REST EEzzzz™



## DAYTIME CALM, NIGHT TIME SLEEP MIX

### IMPROVES SLEEP, ENHANCES MOOD, ALLEVIATES STRESS, ANXIETY AND DEPRESSION.

Rest EEzzzz™ is an all natural organic food sourced powdered drink mix made from organic pumpkin seeds, calcium and magnesium. This combination is proven to promote a natural and healthy sleep by combining an effective source of protein with a carbohydrate source to deliver a natural source of tryptophan efficiently to the brain in a time released manner. The protein used in the formula is derived from pumpkin seeds which have been crushed to remove their oils and milled to a fine powder which further concentrates the tryptophan content but does not alter its biochemical structure. The carbohydrate source used in Rest EEzzzz™ is organic dextrose providing the passage way for the tryptophan to cross the blood brain barrier. Rest EEzzzz™ provides a powerful source of tryptophan, which is a precursor for serotonin. Serotonin regulates both mood and emotions, and is well known for alleviating stress, anxiety and depression.

#### What is Tryptophan?

L-tryptophan is an essential amino acid. The body can't make it, so diet must supply tryptophan. Tryptophan is used by the body to make niacin, a B vitamin that is important for digestion, skin and nerves, and serotonin. Serotonin is a brain chemical that plays a large role in mood and can help to create a feeling of well-being and relaxation. Serotonin is used to make melatonin, a hormone that helps to control sleep and wake cycles. "When levels of serotonin are high, you're in a better mood and sleep better.

#### Why Pumpkin Seed Powder?

Pumpkin Seed Powder is considered one of the best protein products among organic foods. It is a balanced source of good proteins, 18 Essential Amino Acids and high in vitamin K, Zinc and Plant Sterols. Now being

recognized as a Super food! Pumpkin Seed powder is an excellent supplement to help ease insomnia.

#### How does it work?

Tryptophan is light sensitive, it works differently in light conditions and dark conditions. At night when lights are turned off, tryptophan converts to serotonin, which then metabolizes into melatonin, activating the brains own sleep mechanism. Providing your body with the exact amount of melatonin your brain requires for a peaceful nights sleep.

If you have trouble relaxing in the day or wake frequently from sleep at night. Natural Balance® Rest EEzzzz™ can help you achieve a day time Calm, and help you sleep throughout the night.

#### Why Calcium and Magnesium ?

Several research studies have shown the minerals calcium and magnesium to be an effective natural sleep aid. These studies show that a calcium, magnesium deficiency can result in chronic insomnia.

#### How to use Rest EEzzzz™

Take at night for insomnia, and in the morning for anxiety. Mix 2 scoops daily into a hot or cold milk, soy milk, rice milk, almond milk and stir well.

For Sleep: Start with 2 scoops (10 grams) for 2 nights, mix with with your desired caffeine free beverage. For individuals who are avoiding liquid before bed, mix with applesauce. If the desired effect has not been achieved after 2 nights, increase the dosage to 3 – 4 scoops if needed. Two scoops are usually sufficient for most individuals. Take 30 minutes before bedtime.



**The Difference You Can Feel™ Brand**  
Available at your local health food store.