

# Resteva Sleep Extra Strength

Resteva™ Sleep Intra-oral Extra Strength provides rapid absorption, promoting deeper and more restful sleep without the side effects associated with most sleep formulas.

Awake feeling refreshed and ready for the day with no daytime grogginess.

## Get the Best Sleep of Your Life Formula

Resteva™ Sleep Intra-oral Extra Strength is a different kind of sleep formula, inducing the body's natural REM and non-REM sleep states by modulating the circadian sleep-wake cycles. Enjoy deep, restful sleep.\*

## Fast-Acting, Synergistic Effect

Say goodbye to the slow sleep onset of capsules or pills. Resteva™ Sleep Intra-oral Extra Strength can be taken at bedtime. Resteva™ Sleep Intra-oral Extra Strength is rapidly absorbed, providing a synergistic blend of botanicals and nutrients proven to promote enhanced sleep cycles.\*



## Directions for Use:

Take Resteva™ Sleep Intra-oral Extra Strength for 3 – 5 consecutive nights to achieve your most restful sleep. Use nightly for consistent results.

- **Standard Dose:** Take 12 sprays at bedtime.
- **Higher Dose:** Take 12 sprays 30 min prior to bedtime. Take 12 more sprays at bedtime. You may take additional sprays during periods of nighttime wakefulness.
- Spray, swish and swallow. You may take additional Results RNA formulas before or immediately after taking Resteva.
- Do not eat or drink for 2 minutes following.
- Take as recommended by your physician.

## Advanced Cellular Technology

Resteva™ Sleep Intra-oral Extra Strength delivers the power of each ingredient in the most effective manner possible; achieving maximum results without stomach discomfort or side effects. With Advanced Cellular Technology, Resteva™ Sleep Intra-oral Extra Strength promotes rapid absorption, is simple to take and has a pleasant taste. Just spray, swish, and swallow.\*

Item number	Dosage form	Available sizes	Serving size
1096-2	Intra-oral Spray	2 FL OZ / 60 ML	12 sprays by mouth twice daily
1096-4		4 FL OZ / 120 ML	

**Ingredients:** L-Theanine, GABA (gamma-Aminobutyric acid), Valerian (root) (*Valeriana officinalis*), Lemon Balm (leaves) (*Melissa officinalis*), Melatonin, 5-HTP (5-Hydroxytryptophan), Passionflower (flower) (*Passiflora incarnata*), Organic Peppermint (leaves) (*Mentha x piperita*)  
**Other Ingredients:** Ultra-Pure Deionized Water



## Ingredients Research

**L-Theanine:** Promotes relaxation without drowsiness. L-theanine is not a sedative but promotes a state of calm and supports optimal quality of sleep.<sup>1,2\*</sup>

**GABA:** GABA levels are reduced in individuals with primary insomnia (PI), demonstrating a neurochemical difference in the brains of those with PI compared to normal sleeping controls. GABA administration has been shown to promote normal sleep onset.<sup>3\*</sup>

**5-Hydroxytryptophan (5-HTP):** An amino acid precursor used in the formation of serotonin, the neurotransmitter responsible for a sense of wellbeing and relaxation. GABA/5-HTP mixture modulates both GABAergic and serotonergic signaling, supports calm mood, and ultimately promoting restful sleep.<sup>4\*</sup>

**Valerian Root (*Valeriana officinalis*):** Valerian is a botanical known for its calming effects and may also decrease the frequency of wakefulness after sleep onset.<sup>5,6\*</sup>

**Lemon Balm (*Melissa officinalis*):** Research has shown that Lemon Balm administration also promotes calm and relaxation in times of stress, helping to prepare the body for sleep.<sup>7\*</sup> A combination of Valerian root/lemon balm may assist in modulating sleep disturbances in menopausal women. <sup>6\*</sup>

**Melatonin:** Supports healthy circadian components of the sleep-wake cycle, improving sleep efficiency. Melatonin has also been shown to promote normal sleep onset, total sleep time, and overall sleep quality.<sup>8\*</sup>

**Passion Flower (*Passiflora incarnata*):** Passion flower may promote a sense of calm by providing occasional relief of tension, restlessness, and irritability associated with difficulty in falling asleep.<sup>9\*</sup>

## References:

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