

# THE SCIENCE BEHIND PURE REST™

Did you know sleep deficiency has been linked to a shortened lifespan and increased risk of developing degenerative diseases?

**Pure Rest** is a fast-acting melatonin supplement that promotes the body's natural sleep and wake cycles. Research shows that getting enough sleep can help people feel energized, be more productive, and even increase their odds of living healthier lives. While asleep, the body's cells and tissues have the opportunity to recover from the previous day. Many of the body's major restorative functions occur almost entirely during sleep, including tissue repair, muscle growth, and protein synthesis. Additionally, sleep is required to maintain normal brain and immune function.

## Antioxidant Support

- By promoting sleep and inactivity, melatonin allows the body's natural antioxidant defenses to overcome the oxidative stress that accumulated during the day's activity. Melatonin also acts as a free-radical scavenger, stimulating the activity of several antioxidant enzyme systems in the body.

## Immune Function

- Melatonin becomes especially important as we age because daily melatonin production cycles stimulate immune cell synthesis and function, a process that naturally declines as we get older.

## Pure Rest: What Makes It Work?

- Pure Rest contains 2 mg of melatonin in a dissolvable, orange-flavored tablet.
- Melatonin is a naturally occurring hormone that promotes sleep and helps regulate the body's natural sleep and wake cycles.
- Sleep provides numerous health benefits, including defense against oxidative stress and maintenance of a healthy immune system.

## Pure Rest: What Makes It Better?

- The melatonin in Pure Rest is ultra-pure.
- Pure Rest is NOT a sleeping pill.
- Pure Rest is NOT habit forming.
- Pure Rest carries USANA's potency guarantee so you can feel confident that it is safe and effective.
- Pure Rest contains no animal ingredients.

Restore your  
natural sleep cycles  
with Pure Rest!



Contact your local USANA Associate for more information.



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\*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.