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Best Rest Formula Information

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Best Rest Formula by Pure Encapsulations

Natural Medicines Brand Evidence-based Rating (NUMBER)



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Ingredients: [hide](#)

Two vegetable capsules contain: Pyridoxal-5-Phosphate 5 mg • Melatonin (synthetic) 1 mg • GABA (gamma-aminobutyric acid) 300 mg • L-Theanine 50 mg • Valerian root extract (valeriana officinalis, deodorized; standardized to contain 0.8% valerenic acids) 400 mg • Lemon Balm leaf extract (melissa officinalis, standardized to contain 5% rosmarinic acid) 150 mg • Hops aerial parts (humulus lupulus L.) 150 mg • Passion Flower aerial parts extract (passiflora incarnata L., standardized to contain 3.5% vitexin) 100 mg • Chamomile flower extract (matricaria recutita) 100 mg • Vitamin C (as ascorbyl palmitate) 40 mg. Other Ingredients: Hypo-Allergenic Plant Fiber, Maltodextrin, Gum Arabic, Silica.

Brand name products often contain multiple ingredients. To read detailed information about each ingredient, click on the link for the individual ingredient shown above.

[hide ingredients](#)

Editor's Comments: [hide](#)

The potential risk of transmission of bovine spongiform encephalopathy (BSE, mad cow disease) is raising patients' concerns about products containing melatonin. Melatonin is a hormone sometimes harvested from the pineal gland of animals. However, the melatonin contained in this product is produced synthetically and is free of this potential risk.

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Effectiveness: [view](#)

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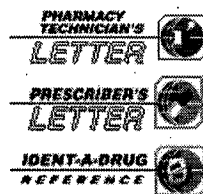
Interactions with Drugs: [view](#)

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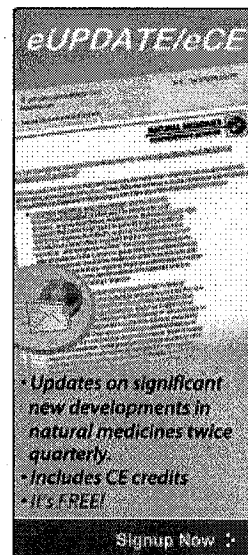
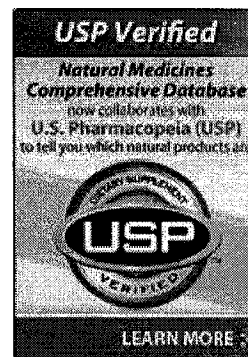
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