

## Rest Reset™

Advanced formula to promote restful sleep†

### DESCRIPTION

Rest Reset™ is a unique formula combining Lactium® casein decapeptide, passion flower extract and melatonin to support multiple facets of sleep: falling asleep, deep sleep, nocturnal rhythms, stress support and cortisol regulation.† Lactium® has been shown to provide a calming effect and may support healthy sleep patterns by normalizing the Hypothalamic-Pituitary-Adrenal axis feedback loop, which is affected by stress.† Passion flower provides sedating and calming activity, and melatonin helps to balance the sleep/wake REM-NREM cycles.†

### FUNCTIONS

Stress is the number one cause of sleeping difficulties and many adults fall short of the recommended 7-9 hours of daily sleep. Chronic stress inhibits deep sleep, or delta wave sleep, otherwise known as NREM stage 3 or stage 4, and peaks glucocorticoid production between 2 and 4 a.m., waking individuals and impairing the ability to fall back asleep. Deep sleep is important for the body's mental and physical restoration. Stress can also lower serotonin and GABA neurotransmitters in the brain and in the bowel, further inhibiting deep sleep.

The neurochemical and hormonal reactions to stress are regulated through the Hypothalamic-Pituitary-Adrenal axis (HPA axis), designed for acute stressors that resolve rapidly. Present day chronic, low-grade stress results in the continual release of CRH (Corticotrophin Releasing Hormone) from the hypothalamus. This chronic secretion causes dysfunction in the HPA axis, desensitizing the hypothalamic and pituitary receptors to negative feedback from adrenaline, noradrenalin and, in particular, cortisol. Loss of negative feedback within the neuro-hormonal system results in a multitude of health issues; it is crucial to rebalance the HPA-axis.

**Lactium®**, a bioactive decapeptide, alpha-1 sequence isolated from milk, is effective in not only decreasing glucocorticoid secretion, but also in assisting to rebalance the HPA pathway.† Lactium® works at three areas of the HPA-axis:

- 1) Lactium® binds specifically to the BZD site of the GABA-A receptor and does NOT bind to the PBR site of the GABA-A receptor responsible for the sedating effects seen with benzodiazepines.
- 2) Lactium® increases the sensitivity of the hypothalamus to cortisol, re-establishing receptor sensitivity feedback within the HPA-axis. It reduces the amount of CRH produced in response to stress.†
- 3) Lactium® decreases the amount of cortisol released by the adrenal glands during acute and chronic stress.†

Studies involving human subjects using alpha-S1-casein decapeptide have shown its calming effects, without side effects. Results revealed a significant decrease in plasma cortisol throughout the combined stress tests and stable heart rate in the treatment group but not in the placebo group.

The pharmacological activity of **Passion flower (*Passiflora incarnata*)** includes sedative and calming effects.† Passion flower contains alanine, an amino acid that helps to increase the synthesis of neurotransmitters, such as GABA, in the brain by acting as an intermediate.† Passion flower also contains flavonoids such as vitexin, chrysin, and apigenin. Chrysin may enhance GABA activity, especially on the GABA-A receptor, providing a calming effect on the body without side effects. Apigenin also has a specific affinity for this receptor, supporting relaxation.†

**Melatonin** is a natural hormone nutrient that is synthesized from the amino acid tryptophan by the pineal gland deep in the center of the brain. In the body, melatonin appears to regulate sleep/wake cycles, support normal immune function, and protect cells from free radical damage.† Nocturnal melatonin production is highest in children and begins to decline from adolescence on until it is virtually absent in the elderly. Most of the research on melatonin has focused on its role in supporting normal circadian rhythms, the REM-NREM stages, and reduced sleep onset.† The perception of daylight in the eyes is a signal for the pineal gland to inhibit melatonin synthesis and release. At night or in the dark, the body's melatonin production rises. The rise in

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plasma melatonin is thought to be responsible for bringing on sleep.†

## INDICATIONS

Rest Reset™ is indicated for individuals that want to support deep, restful sleep and underlying factors to occasional sleeplessness such as stress and cortisol management.†

## FORMULA (#202401-30X)

Each capsules contains:

Passion flower extract ..... 425 mg  
(aerial parts) (*Passiflora incarnate L.*, standardized to 3.5% vitexin)  
Casein decapeptide (milk) (Lactium®)..... .175 mg  
Melatonin..... 3 mg

Other ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, silica, ascorbyl palmitate.

## SUGGESTED USE

Adults take 1 capsule daily, 30-60 minutes before bedtime or as directed by a healthcare professional. Consult your practitioner for use after 4 weeks. Sereniten Plus by Douglas Laboratories can also be taken with this product for additional relaxation support or daytime stress support.†

**WARNING:** Do not use if you are pregnant or breastfeeding. If you are taking MAO inhibitors, immunosuppressant drugs, anticoagulation therapy, or antihypertensive medication, or have an autoimmune, seizure, psychiatric or depressive disorder consult your healthcare professional before using this product. Do not take with alcohol. Excessive consumption may impair ability to drive or operate heavy machinery.

## SIDE EFFECTS

Long-term use of melatonin has not been studied. May cause drowsiness.  
Passion flower has been reported to cause dizziness, confusion, sedation, and ataxia in some patients.  
Passion flower can potentiate the effects of barbiturates and other sedative drugs.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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### For more information on Rest Reset, visit [douglaslabs.com](http://douglaslabs.com)

† 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.

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