

Restoring Melatonin-Free Mint Tea for Sleep and Cell Health Support



REST & REWIND | SLEEP AND CELL HEALTH SUPPORT

Make this mint tea part of your bedtime routine. A melatonin-free powder mix, formulated with natural lemon balm and clinically tested 5-HTP to help you fall asleep and promote more restful sleep, plus potent polyphenols and antioxidants to support cellular health. Now you can get a good night's sleep that looks good on you.

#57506 | 20 STICK PACKS

TAKE YOUR BEAUTY SLEEP SERIOUSLY

Why We Love It

- Helps you unwind and fall asleep with natural lemon balm extract, magnesium, and clinically tested 5-HTP
- Helps protect your cells while you sleep with a proprietary blend of antioxidant-rich polyphenols
- Available as a mint tea – simply mix with 237 mL (8 oz.) of warm water
- Vegan, gluten free, non-dairy, sugar-free

Rest & Rewind

Dosage: ADULTS: mix 1 stick (1.31 g) with 250 mL (1 cup) of warm water. Take once a day with food, 30–45 minutes before bedtime.

	Per 1 stick (1.31 g)
Lemon balm (<i>Melissa officinalis</i>) herb top (5:1, 1500 mg)	300 mg
L-5-Hydroxytryptophan (<i>Griffonia simplicifolia</i> seed)	100 mg
Magnesium (magnesium sulfate)	100 mg
Vitamin C (ascorbic acid)	70 mg
trans-Resveratrol (<i>Reynoutria japonica</i> root)	7.4 mg
Black currant (<i>Ribes nigrum</i>) fruit extract (25% anthocyanins) (70:1, 420 mg)	6 mg
Haritaki (<i>Terminalia chebula</i>) fruit extract (3.6% gallic acid, 4.9% ellagic acid)	6 mg
Pomegranate (<i>Punica granatum</i>) fruit extract (17.5:1, 105 mg)	6 mg
Red wine (<i>Vitis vinifera</i>) fruit extract (30:1, 180 mg)	6 mg
Grape (<i>Vitis vinifera</i>) fruit extract (165:1, 165 mg)	1 mg
Carrot (<i>Daucus carota</i>) root extract (92:1, 60.72 mg)	0.66 mg

NON-MEDICINAL INGREDIENTS: MALTODEXTRIN, NATURAL FLAVOUR, REBAUDIOSIDE M, SILICON DIOXIDE, SODIUM CITRATE, *VITIS ROTUNDIFOLIA* (MUSCADINE GRAPE) FRUIT EXTRACT.



Shaklee
MULTI-TASKERS

Restoring Melatonin-Free Mint Tea for Sleep and Cell Health Support

FAQs

What ingredients are in Rest & Rewind?

Rest & Rewind contains ingredients for both sleep and cellular health. It contains lemon balm (300 mg), magnesium (100 mg), and clinically tested 5-HTP (100 mg) plus an exclusive blend of polyphenol antioxidants.

What is 5-HTP? How does it help with sleep?

5-Hydroxytryptophan (5-HTP) is an amino acid made from L-tryptophan. It's a precursor for serotonin, a chemical in the brain that affects sleep, and melatonin, a hormone that helps control sleep patterns.

Why is it important to keep your cells healthy?

All living matter, including your body, is made of cells. Unfortunately, your cells face constant attacks from things like the food you eat, the air you breathe, and other environmental factors you encounter. When your cells are attacked, they can become damaged, which can affect their ability to work effectively and set off a chain reaction that causes them to age and, therefore, you to age. But if you keep your cells healthy, you keep yourself healthy.

Who should use Rest & Rewind?

Rest & Rewind is perfect for anyone wanting sleep support without pills or melatonin.

Can I use Rest & Rewind with Dream Serene™?

We recommend that you use either Rest & Rewind or Dream Serene. Not both.

How are Rest & Rewind and Dream Serene the same?

Rest & Rewind and Dream Serene share the common goal of supporting sleep. However, they differ in their approach: Rest & Rewind supports sleep with a mint-flavoured herbal tea with magnesium and 5-HTP with an antioxidant boost to support cellular health while you sleep, while Dream Serene provides sleep-supporting herbs and melatonin but does not have the antioxidant boost.

Can I use Rest & Rewind with Vivix®?

Absolutely. Rest & Rewind supports cellular health during sleep, complementing your natural restorative processes, while Vivix specifically targets and slows down cellular aging providing powerful protection for your cells.

What's the best way to use Rest & Rewind?

We recommend mixing 1 stick pack with 237 mL (8 oz.) of warm water and drinking 30–45 minutes before bed.

Does Rest & Rewind have a flavour?

Yes, Rest & Rewind is a mint-flavoured tea.



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FAQs

How many stick packs can I take per day?

We recommend you take one stick pack nightly. Consult a health care practitioner for use beyond 3 months.

Is it safe to use Rest & Rewind if I am currently taking medications or have a medical condition?

Consult with your physician before using Rest & Rewind if you have a medical condition, are taking a prescription medication, or are concerned about how you will react to it.

Can this product be used when pregnant or nursing?

Rest & Rewind is not recommended for use by pregnant or nursing women.

Can this product be used by children?

Rest & Rewind is formulated for adults and is not recommended for use by children under the age of 18.

Is Rest & Rewind vegan?

Yes. Rest & Rewind is vegan.

Is Rest & Rewind kosher certified?

No. Rest & Rewind is not Star-K -Kosher.

Is Rest & Rewind gluten free?

Yes. Rest & Rewind is gluten free.

Is Rest & Rewind non-dairy?

Yes. Rest & Rewind is non-dairy.

Is Rest & Rewind sugar-free?

Yes. Rest & Rewind is sugar-free. It is sweetened with the zero-calorie sweetener Reb M (Rebaudioside M).



REST & REWIND

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	Rest & Rewind	Dream Serene™
Description	Restoring mint tea for restful sleep and cell health support.	Fall asleep faster. Wake up more rested with a melatonin sleep aid.
Ingredients	<ul style="list-style-type: none"> • 5-HTP – 100 mg • Lemon balm – 300 mg • Magnesium – 100 mg 	<ul style="list-style-type: none"> • Melatonin – 2 mg • Lemon balm – 80 mg • Valerian root – 160 mg
Other ingredients	Polyphenol blend – 75 mg	N/A
Form	Powder stick pack	Softgel
Flavour	Mint	N/A
Points of difference	<ul style="list-style-type: none"> • Added antioxidant benefits • Sleep solution without melatonin • Flavoured tea 	<ul style="list-style-type: none"> • Patent-pending formula • Sleep solution with melatonin • Softgel
Who is this for?	Mint-flavoured sleep support tea for those seeking a sleep aid that also includes anti-aging benefits. Melatonin-free formula.	Designed for those seeking sleep support to help you fall asleep and stay asleep in a traditional softgel format. Includes melatonin.

