



i-Rest™

DIETARY SLEEP SUPPORT FORMULA

Meet i-Rest by GIA Wellness – a unique, super-liquid combination of Melatonin and 7 other all-natural sleep support ingredients – all of them renowned for their sleep support qualities. i-Rest is not only delivered in a highly absorbable fashion thanks to the combination of GIA’s proprietary Single-File Alignment (SFA) and ERT technologies, it also has a soothing Chamomile-Lemon flavor. So, if you’re looking forward to falling asleep faster and sleeping soundly through the night, then you’ll love having i-Rest as your sleep-time companion.*

AVAILABLE IN

- | | |
|-------------------------|----------|
| 1.2 oz Bottle (single) | (#39510) |
| 4 Pack (1.2 oz Bottles) | (#39520) |

DID YOU KNOW?

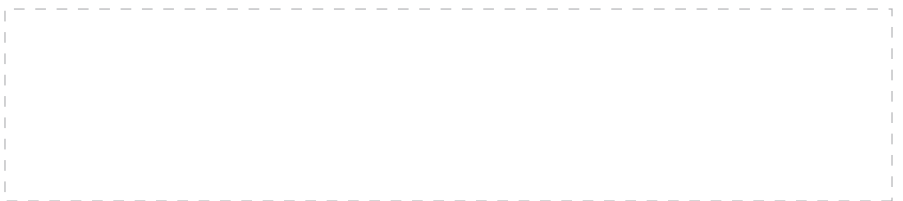
According to the Center for Disease Control and Prevention, studies show that in the U.S. alone, an estimated 50-70 million adults suffer from sleep (or wakefulness) disorders. The National Sleep Foundation suggests that adults need 7 to 9 hours of sleep every night. Studies by the Division of Sleep Medicine at Harvard Medical School show that people with insufficient sleep are at higher risk for a number of health problems and diseases.



By Single-File Aligning (SFA) and energetically entraining its world class nutritional formulations with the proprietary GIAPlex™ technology, GIA Wellness has revolutionized the way nutritional products are recognized, absorbed, and utilized by your body. GIAPlex has been designed to optimize the natural potency, vitality, and life force of every single nutrient, so that you get to enjoy the benefits of truly unparalleled product performance.*

For a detailed overview of Key Ingredients & Benefits, as well as i-Rest Success Stories, please see the reverse side of this product overview flyer.

For more information contact:



* Statements made about this product have not been evaluated by any governmental agencies. These products are not intended to diagnose, treat, mitigate, cure or prevent any disease. Any testimonials given reflect the actual experience of each individual, are anecdotal only, and may be atypical.



nutragia™

i-rest™

DIETARY SLEEP SUPPORT FORMULA

KEY INGREDIENTS & BENEFITS*

- **Melatonin** is a hormone produced by the pineal gland in the brain that helps maintain the body's circadian rhythm, or internal clock, which controls your sleep and wake cycles. Melatonin is commonly used to address sleep disturbance and insomnia.
- **Valerian Root** is an herb known for its sedative properties, and is used to ease insomnia and stress.
- **Skullcap** is a powerful medicinal herb that is used to help calm nerves and to address a variety of nervous issues such as sleeplessness and anxiety.
- **L-Tryptophan** is an essential amino acid. Our bodies can't produce it so it must be acquired from food or in supplement form. L-Tryptophan is critical in the natural production of serotonin, which is known to help regulate mood, appetite, and sleep.
- **5-HTP** increases the levels of serotonin in the brain which is responsible for mood, hunger and sleep. Serotonin helps to carry messages from one area of the brain to another.
- **Hops** are used in herbal remedies to exert a sedative effect on your central nervous system, thereby reducing locomotor activity and body temperature, while promoting sleep.
- **Passion Flower** is used as a calming herb to help address insomnia and anxiety. Scientists believe passionflower increases levels of a chemical in the brain called gamma aminobutyric acid (GABA), which lowers the activity of nerve cells, making people feel more calm and relaxed.
- **Chamomile** is an herb often used as a sleep aid. It contains glycine, an amino acid, known to relax nerves and thereby helping people sleep more soundly.

FEEDBACK & SUCCESS STORIES*

I often I wake up in the middle of the night and then have trouble going back to sleep. After waking up yet again at 4AM the other night, I sprayed the GIA 'i-rest' under my tongue and literally felt myself 'melt' back to sleep within 10 minutes, where usually I would toss and turn for hours. This product is amazing!

L.M., Rancho Palos Verdes, CA

I've been going through a lot of stress lately and have had a hard time falling asleep for months. I often lay in bed for 2 hours before I am actually able to doze off. Recently I used the 'i-rest' for the first time and I couldn't believe how fast I fell asleep. It was the most relaxing and rejuvenating sleep I've had in months.

S.C., Carlsbad, CA

The first time I came across 'GIA i-rest', I used only 6 of the 9 sprays, just to try it. About half an hour later I could already feel my body relaxing and my eyes getting heavy. I had to go to a dinner shortly after trying it and could barely keep my eyes open. All I wanted to do was sleep. Once I got home I fell asleep quickly and slept great. What a product!

A.M., La Costa, CA

I tried GIA i-rest for the first time while I was at the office, not realizing that it would take effect so quickly. I immediately felt relaxed and began to feel very sleepy. I literally had to keep spraying water on my face so that I could stay alert. As soon as I got home from work that day, I went to bed and had one of my best nights of sleep ever.

Y.G., Oceanside, CA

* Statements made about this product have not been evaluated by any governmental agencies. These products are not intended to diagnose, treat, mitigate, cure or prevent any disease. Any testimonials given reflect the actual experience of each individual, are anecdotal only, and may be atypical.



nutragia™