



Rest & Relaxation Formula



Are you stressed, anxious, restless or have trouble sleeping? Arbonne's developed a unique formula to help ease these conditions. Arbonne's Rest & Relaxation Formula, a combination of standardized kava kava extract and Arbonne's proprietary herbal blend of ashwagandha, valerian and hops, helps to relieve tension and support a calm state of mind. Kava kava has been used by the Pacific Islanders for years for its calming effects. Arbonne has used a highly standardized kava kava extract, standardized for kavalactones. By using standardized herbs, we can ensure that this product is effective and that each tablet contains a consistent level of active ingredient. Arbonne's Rest & Relaxation formula is based on scientific research and it contains a proprietary herbal blend, unique to Arbonne. This unique blend of herbs helps to support the function of the kava kava and have been used for centuries to naturally relieve stress, anxiety and sleeplessness.

Recommended For: Rest & Relaxation!

When to Use: As needed.

Usage: Take up to 3 tablets daily.

Over 1.4 million Americans suffer from anxiety.

Nutrient

Standardized Kava Kava

Arbonne's Proprietary Herbal Blend

Ashwagandha

Valerian

Hops

Source

kava kava root

ashwagandha herb

valerian root

hops flower

3 tablets contain:

Nutrient

Standardized Kava Kava
(30% Kavalactones)

Arbonne's Proprietary Herbal Blend

Ashwagandha

Valerian

Hops

Amount

450 mg

135 mg

150 mg

% Daily Value

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Herb Functions

Kava Kava - Used for its relaxant or anti-anxiety effects. ¹

Ashwagandha - Helps to improve stress-related anxiety. ²

Valerian - Promotes sleepiness, relieves restlessness, anxiety and nervousness. ¹

Hops - Used to treat anxiety, insomnia and restlessness for more than 1,000 years. ¹

References:

1. The Green Pharmacy, J. Duke, Ph.D.
2. Herbs for Health and Healing, K. KeVilLe

CAUTION:

Ask a healthcare professional before using this product if you have or have had liver problems, frequently use alcoholic beverages or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, fever, vomiting, yellow eyes or skin).