

# InvigoRest™

## PM Max

### CAPSULES

#### PROMOTES DEEP SLEEP



#### CALMNESS



InvigoRest is an all-natural amino acid and herbal supplement for deep sleep. It also provides necessary nutrients for daytime energy. The amino acids are all from plant sources, not animal.

It is during deep sleep that the body repairs itself. A lack of deep sleep can cause a wide variety of physical, mental and emotional disorders such as irritability, depression, difficulty concentrating, weakened immune system memory loss, inflammation and pain, heart disease, obesity and many other problems. The amount of time we spend sleeping is not as important as the quality of sleep we're getting.

The components in InvigoRest are formulated in a way that produces profound results for many people in a natural way and free of harmful side effects. It doesn't take prolonged use of the product to get results.

Most people report getting better sleep with their first serving of InvigoRest.

InvigoRest is non-harmful. Unlike many prescription and over-the-counter (OTC) sleep aids, it doesn't have a negative effect on the liver or any other organ. In fact, it contains L-arginine which may help reduce liver damage already caused by sleep aids and other substances. At [mayoclinic.com](http://mayoclinic.com) you'll also learn that evidence suggests that L-arginine may also be effective in the treatment of clogged arteries, coronary artery disease and other diseases. InvigoRest contains other nutrients that are essential for balanced brain chemistry instead of inhibiting the brain's ability to produce those chemicals as many prescription and non-prescription sleep aids do. InvigoRest is all natural. It contains no artificial color, flavorings, or sweeteners.

Mix InvigoRest in your favorite juice, water, or even dry and let it absorb in your mouth, then swallow. Alternate method: Put your InvigoRest serving in a glass-dry, with no water or juice. Put a small amount on your tongue and let it absorb. Swallow and repeat until serving is gone. The amino acids absorb into the system through the tongue and many people get the best results this way.

Sleeping well again can have a very positive effect on how well we feel and function in all areas of our lives. If you no longer wake up in the morning with a good stretch and yawn or deep breath, feeling rejuvenated, try InvigoRest. It has changed many lives. It could change yours.

#### MENTAL CLARITY AND FOCUS



#### A FEELING OF WELL BEING



#### AND SLEEP LIKE A BABY



**YOU MAY WANT TO START WITH 3 CAPSULES THE FIRST NIGHT ABOUT 30 MINUTES BEFORE BEDTIME. SOME PEOPLE ONLY NEED 3 CAPSULES WHILE OTHERS TAKE 10 OR MORE FOR OPTIMAL SLEEP. ADJUST THE TIME YOU TAKE INVIGOREST AND NUMBER OF CAPSULES YOU TAKE ACCORDING TO THE RESULTS YOU ARE GETTING.**

## **InvigoRest Contains**

Vitamin B-6 (Pyridoxine): Pyridoxine is required for the balancing of hormonal changes in women as well as assisting the immune system and the growth of new cells. It is also used in the processing and metabolism of proteins, fats and carbohydrates, while assisting with controlling your mood as well as your behavior.

4-amino-3-phenylbutyric acid: A natural derivative of the inhibitory neurotransmitter GABA (Gamma amino butyric acid). It is cited as a nootropic for its ability to improve neurological functions. It was discovered in Russia in the 1960's, and has since been used there to treat a wide range of ailments including anxiety and insomnia.

Gamma aminobutyric acid: This is the most important and abundant inhibitory neurotransmitter in the brain. It helps induce relaxation and sleep and acts as a "balancer" for the brain.

Mucuna Pruriens L-Dopa: Improves sleep, reduces body fat, increases muscle mass, improves mood and sense of well-being, and increases energy levels.

L-arginine: Studies have shown that it has improved immune responses to bacteria, viruses, and tumor cells; promotes wound healing and regeneration of the liver; causes the release of growth hormones, considered crucial for optimal muscle growth and tissue repair.

L-tyrosine: Transmits nerve impulses to the brain, helps overcome depression, improves memory, increases mental alertness and promotes healthy functioning of the thyroid, adrenal and pituitary glands.

DL-phenylalanine: Used by the brain to produce Norepinephrine, a chemical that transmits signals between nerve cells and the brain, keeps you awake and alert, reduces hunger pains, functions as an antidepressant, and helps improve memory

L-theanine: Increases brain serotonin, dopamine, and gaba.

Ashwagandha: An adaptogen that works to normalize physiological functions and increases the body's ability to withstand stress.

## **Supplemental Facts**

SERVING SIZE: 10 CAPSULES; SERVINGS PER CONTAINER: 12 (SMALL SIZE-120 CAPSULES) 24 (LARGE SIZE-240 CAPSULES)

<u>Ingredient</u>	<u>Amount per serving</u>	<u>% Daily value</u>
Vitamin B6 (pyridoxine hydrochloride)	12.5 mg.	625%
Magnesium (from magnesium citrate)	44mg	11%
Proprietary Blend	4.6 grams	*

4-amino-3-phenylbutyric acid, gamma aminobutyric acid, ashwagandha extract, macuna pruriens extract, L-arginine hydrochloride, L-tyrosine, \*\*DL-phenylalanine,\*\* and L-theanine and silica. Other ingredients: stevia and natural flavoring.

\*No Daily Value is established.

\*\*Phenylketonurics: contains phenylalanine

Distributed by:



### **CELLULAR ENERGY AND NUTRITION TECHNOLOGY**

2017 Ash NE  
Piedmont, OK 73078  
877-338-3340  
Restandrepair.tv  
invigorest@yahoo.com