

What is Melrest?

Melrest is specially formulated to deliver three natural ingredients that can help with stress and sleep.

Who is this product for?

It is for anyone who is feeling stressed and/or is having problems with sleep. Both of these issues are very common and often linked.

What are the ingredients?

In each 8 pump/16ml of Melrest there is:

- 10.68g honey
- 9.47g glycerin
- 0.84ml concentrated chamomile extract
- 0.18g tart cherry powder
- 28mg magnesium citrate complex (active)

What is the dosage?

For age 12 and upwards: 8 pumps (16ml) 30 minutes before bedtime.

How do I take it?

Simply use the pump to dispense the correct amount onto a spoon, and eat. Alternatively, you can pump Melrest into a cup or glass, add warm water to taste and make a great cherry-tasting drink.

How does it work?

Melrest delivers 3 natural ingredients that have been shown to be beneficial for reducing stress and improving sleep: tart cherry, chamomile and magnesium.

What is the underlying science?

Some of the great cherry flavour of Melrest comes from **tart cherry**. This particular cherry naturally contains small amounts of melatonin, a naturally-occurring hormone which is made in the brain and regulates sleep patterns¹. Blood levels of melatonin are highest prior to bedtime and extra amounts taken then have been shown to help with sleep. Studies have found that melatonin decreases the time it takes to fall asleep as well as increasing sleepiness and sleep duration²⁻⁴. Melrest also contains **chamomile**. The relaxing and sleep-inducing effects of chamomile are well-known and thought to be due to a benzodiazepine-like compound found in the flowerhead. Chamomile tea is commonly used as a relaxing drink that facilitates sleep, and studies have found it to be effective⁵.

The third active ingredient is **magnesium**. Deficiency of this important dietary component is common, especially as we get older. Supplementation of magnesium has been found to help with stress levels and improve measures of insomnia such as sleep efficiency, sleep time, time to get to sleep and early morning awakening⁶.

Finally, although there are no studies to prove it, a lot of people think that eating **honey** before bedtime can help with sleep, possibly by helping to stabilize blood sugars during the night.

Is it safe?

Melrest is 100% natural containing tart cherry, chamomile, magnesium, honey, cherry flavour and glycerine. The only side effect of note is drowsiness. As with any product that can help with sleep, you should not take it with other sedatives and you need to be careful when drinking alcohol, driving or operating machinery.

Melrest is safe for breastfeeding mothers but the chamomile component is not proven to be safe during pregnancy and so is not recommended.

If symptoms of stress or sleep problems persist, you should see your healthcare professional. Melrest is not recommended for children aged under 12 years.

Who are HoneyLab?

HoneyLab is a New Zealand pharmaceutical company with several platforms of clinical research, including dermatology, pain, infections and nutrition. HoneyLab are running the world's largest programme of medical honey research. The research programme is directed by Dr. Shaun Holt. Shaun has both Pharmacy and Medical degrees from the UK, lectures at Victoria University of Wellington and is one of New Zealand's most experienced clinical researchers.

Who can I contact for more information?

For information on the science - Dr Shaun Holt:
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References:

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