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Product Name

RESTORE

Product Description

RESTORE is a cutting edge adaptogenic blend that supports adrenal health, optimal stress response and metabolism. We have one purpose in mind: to formulate the most effective nutritional supplements targeted for your specific health goals.

There is something that we often don't take into account; stress and the effect that it has on our body, physical and mental stress affects not only our health but also has a direct impact on our fitness goals.

Adrenal fatigue comes from chronic stress. When you push your body and mind too hard, your adrenals stop producing cortisol the way they should.

Caring for your adrenal health is very important for your wellbeing and body composition.

Signs of adrenal fatigue are low energy, weight gain, trouble sleeping, mood swings, depression, anxiety, brain fog and autoimmune issues.

RESTORE You will be one of your best allies when it comes to improving your health, wellbeing and body composition.



The blend of supplements in our formula will help to improve your adrenal health but also have a positive impact on other hormones that affect your metabolism and body composition such as your thyroid hormones and insulin.

Ashwagandha is one of the most important herbs in Ayurveda, a form of alternative medicine based on Indian principles of natural healing.

As an adaptogen, ashwagandha helps us to better handle stress, but that's not the only benefit of this herb. Adaptogenic herbs help to promote balance in key systems of the

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body, including the endocrine and reproductive systems, immune function, and overall energy metabolism.

Our formula contains a type of Ashwagandha that is clinically studied and patented, much more efficient. KSM-66 Ashwagandha is a branded, full-spectrum extract, with the highest concentration of all major root only extracts available on the market today. It is produced using a unique proprietary extraction process, based on "Green Chemistry" principles, without using alcohol or any other chemical solvent.

KSM-66 Ashwagandha has been clinically proven to:

- Help reduce stress, anxiety, cortisol levels and stress-related food cravings*
- Help promote enhanced memory and cognitive function*
- Help promote endurance, strength, muscle size and muscle recovery rate*
- Help enhance sexual performance health in both men and women, and testosterone in men*

It has many other health benefits.

Ashwagandha may reduce blood sugar levels through its effects on insulin secretion and sensitivity.

Ashwagandha may have a positive effect on your thyroid.

Inflammation is a triple whammy for thyroid sufferers, because not only does it impair thyroid hormone output, it inhibits the ability of your hormones to bind effectively to receptors and exert their metabolism, mood, and mind boosting effects. Chronic inflammation also damages mitochondria function, the energy producing "furnaces" of your cells, leading to constant fatigue and poor energy. Ashwagandha helps to protect your cell membranes from lipid peroxidation, the damage that occurs from chronic inflammation.

Ashwagandha helps balance the immune system and metabolism, working to help balance out both over and under active conditions. Adaptogens in general have been scientifically proven to modulate hormone balances in the body. Helping your body adapt to the changes created by a struggling thyroid is a reliable way to relieve your symptoms and restore better health.

Ingredients

Magnesium Citrate Magnesium plays a role in over 300 enzymatic reactions within the body, including the metabolism of food, synthesis of fatty acids and proteins, and the transmission of nerve impulses.

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Magnesium plays an important role in carbohydrate and glucose metabolism, so magnesium status can also impact the risk of diabetes.

Magnesium is also important for bone formation. It helps assimilate calcium into the bone and plays a role in activating vitamin D in the kidneys. Vitamin D is also essential for healthy bones.

Optimal magnesium intake is associated with greater bone density, improved bone crystal formation, and a lower risk of osteoporosis in women after menopause.

Magnesium is necessary to maintain the health of muscles, including the heart, and for the transmission of electrical signals in the body.

Adequate magnesium intake has been associated with a lower risk of atherosclerosis and high blood pressure.

Low magnesium levels have been linked to increased levels of anxiety.

This appears to be related activity in the hypothalamic-pituitary-adrenal (HPA) axis, a set of three glands that control a person's reaction to stress.

Zinc Citrate Zinc is a mineral that plays many vital roles in your body. Because your body doesn't naturally produce zinc, you must obtain it through food or supplements. Zinc is necessary for the activity of over 300 enzymes that aid in metabolism, digestion, nerve function and many other processes.

Zinc helps to keep your immune system strong. It also helps reduce oxidative stress. It may also effectively reduce inflammation. This mineral is also fundamental to skin health; DNA synthesis and protein production.

Organic Ashwagandha Root (KSM-66)

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GABA (Gamma-Aminobutyric Acid)

GABA, short for gamma-amino butyric acid, is your body's "calm down" signal. In cases of anxiety and headaches, the cells in your brain get too excited and ramp up their activity. But certain neurons -known as GABAergic neurons- release GABA to help to bring the other overly rambunctious neurons back to down to reality, which is a pretty important job.

GABA plays a central role in the function of your nervous system, as it is responsible for controlling your mood and certain physical functions. Low levels of it has been linked to anxiety, mood swings, epilepsy and chronic pain.

Other benefits: reduces symptoms of premenstrual syndrome (PMS) and It's also used for promoting lean muscle growth, burning fat and stabilizing blood pressure. If you are looking to restore your energy, improve body composition, feel younger, improve your health and wellbeing, then RESTORE may be the supplement for you.

L-Theanine An amino acid found primarily in black and green tea, L-theanine is partly responsible for the beverage's impact on mood. It appears to alter levels of various neurotransmitters, producing a calming effect that helps counter the stimulating action of the caffeine in tea.

L-theanine reduces stress and relaxes your brain by increasing alpha wave activity. Alpha

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waves are those that occur when you are awake, alert and relaxed. They help you to concentrate and promote creativity.

L-theanine, which exerts its stress-reducing effects without causing drowsiness, is also able to cross the blood-brain barrier, a protective filter that prevents some compounds from reaching the brain.

L-theanine also prevents damage to brain cells by blocking overstimulation of the cells and protects brain cells from being impaired when oxygen levels are low. It also promotes production of new brain cells by stimulating release of a protein necessary for nerve growth.

Antioxidant effects of L-theanine provide benefits for the cardiovascular system by preventing oxidation of low-density lipoprotein, or LDL, cholesterol.

BioPerine (Black Pepper Extract 95% Piperine) BioPerine is the trademarked name for Piperine, Black pepper extract. BioPerine is a completely natural ingredient, which significantly improves bioavailability and benefits of nutritive compounds. This bio enhancement applies to Ashwagandha, Amino acids, Vitamins such as A, C, D, and K as well as minerals such as Iron and Magnesium.

BioPerine increases nutrient absorption by stimulating Thermogenesis and increasing your Metabolism. This process breaks down your fat cells and increases your internal temperature, supporting Fat loss.

BioPerine works in Symbiosis with Dopamine and Serotonin, our happiness and pleasure chemicals. By boosting these levels, BioPerine can aid in individuals feeling more positive and joyous.

Other Ingredients Vegetarian Capsule (Hydroxypropylmethylcellulose & Titanium Dioxide) & Dicalcium Phosphate.

Nutritional Information

Supplement Facts

SERVING SIZE: 4 Veggie Capsules

SERVING PER CONTAINER: 30

	Amount Per Serving	% Daily Value*
Magnesium (as Magnesium Citrate)	225mg	54%
Zinc (as Zinc Citrate)	30mg	273%
RESTORE POWERFULL WELLNESS BLEND	1508 mg +	

KSM-66™ (Organic Ashwagandha Root Extract 5% Withanolides)

GABA (Gamma-Aminobutyric Acid)

L-Theanine

BioPerine® (Black Pepper Extract 95% Piperine)

* Percent daily values are based on 2,000 calorie per day diet.

† Daily Values (DV) not established

OTHER INGREDIENTS: Vegetarian Capsule

(Hydroxypropylmethylcellulose & Titanium Dioxide) &

Dicalcium Phosphate. BioPerine® is a registered trademark of Sabinsa Corp.

KSM-66 Ashwagandha® is a registered trademark of Ixoreal Biomed Inc.

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Indications

For optimal results, product should be used in conjunction with a healthy diet, regular exercise, and healthy lifestyle habits. All Individuals need to watch the ingredients in RESTORE for possible contra indications.

Warnings

For adult use only. Do not use if you are pregnant or nursing. Consult with your physician prior to use if you are taking medication; or, if you have a medical condition including, but not limited to heart, liver or thyroid disease. If any adverse reaction occurs, discontinue use and consult a healthcare professional. Ashwagandha is a safe supplement for most people.

People with autoimmune diseases should also avoid ashwagandha unless authorized by a doctor. This includes people with conditions like rheumatoid arthritis, lupus, Hashimoto's thyroiditis and type 1 diabetes. These product is produced in a facility with soy, dairy, egg and wheat ingredients, peanuts and tree nuts. All of our product have double protection, externally they have a clear safety band with our logo to make sure customers know the product is new, in perfect conditions and that the lid is secured. Once that band is removed it has another security seal attached to the opening of the pot, this helps protect the content of it, if for some reason the outer band is removed the product remains isolated and protected.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. If any adverse reactions occur, discontinue use and consult a healthcare professional. **DO NOT EXCEED RECOMMENDED DOSAGE. KEEP OUT OF THE REACH OF CHILDREN.**

Directions

Initial Suggested Use:

As a dietary supplement, take two capsules per day (half of the dosage) in the evening with plenty of water; preferably with your last meal of the day or as directed by your healthcare professional, for a minimum of seven days to assess tolerance. Do not increase dosage unless is well tolerated.

Regular Suggested Use:

As a dietary supplement, take three to four capsules daily; in the evening, with plenty of water, preferably with your last meal of the day or as directed by your healthcare professional. Drink enough water during the day to support hydration. As a reminder, discuss the supplements and medications you take with your health care providers.

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Benefits

- Restore is a cutting edge adaptogenic blend that supports adrenal health, optimal stress response and metabolism. We have one purpose in mind: to formulate the most effective nutritional supplements targeted for your specific health goals.
- Metabolism support: Ashwagandha is an adaptogenic herb that has shown incredible results for balancing thyroid hormones. This has a positive effect on your metabolism.
- Promotes balanced cortisol response: Ashwagandha is a superstar when it comes to lowering your cortisol level.
- Supports healthy adrenal function: The blend of adaptogens, minerals and aminoacids in our formula will help to improve your adrenal health.
- Promotes relaxation: With restore you will feel better, inside and out. Each of the components in our formula have a positive impact on stress levels and mood.
- Our formula contains KSM-66 Ashwagandha is a branded, full-spectrum extract, with the highest concentration of all major root only extracts available on the market today.

Disclaimer

Ashwagandha is a safe supplement for most people. However, certain individuals should not take it, including pregnant and breastfeeding women.

People with autoimmune diseases should also avoid ashwagandha unless authorized by a doctor. This includes people with conditions like rheumatoid arthritis, lupus, Hashimoto's thyroiditis and type 1 diabetes.

Packaging and Storage:

Plastic container containing 120 capsules. Dimensions 5½ x 2 9/16 inches. Unopened and sealed product should be stored below 40 ° C (104 ° F), preferably between 15 and 30 ° C (59 and 86 ° F).

Manufacturer and developed:

SASCHA FITNESS CORP,
Miami, FL 33126 USA.

Class

Metabolism support

Category

Nutrition - Dietary Supplement