

FREQUENTLY
ASKED
QUESTIONS

REMfresh®

ION-
POWERED
MELATONIN™

CONTINUOUS RELEASE AND ABSORPTION MELATONIN

WHY DO MANY PEOPLE HAVE TROUBLE FALLING AND STAYING ASLEEP?

Sleep is an essential part of every individual's life. Sleep is an active process involving a complex and choreographed series of biological events. There are many reasons so many people have occasional trouble falling asleep and staying asleep. These include a shortage of melatonin, especially as people progress in age.

WHAT IS MELATONIN AND WHY IS IT SO IMPORTANT?

Melatonin is the body's own sleep ingredient, produced by the pineal gland in the brain. Usually, melatonin release starts in the evening after sunset, and then continues throughout the night. If one were to look at a typical release pattern of melatonin throughout the night on a graph, its shape would resemble a mesa, a flat-topped hill with steep sides. This pattern can be referred to as the Mesa Wave™. As people age, their bodies may no longer produce enough melatonin for an adequate Mesa Wave™ required for quality sleep.

WHAT IS REM SLEEP AND WHY IS IT SO IMPORTANT?

The body requires a certain amount of sleep in order to properly rest, repair, and renew itself. Sleep is customarily divided into four stages, with each stage having a different effect. These stages are N1, N2, deep sleep, and REM sleep. The body moves among these stages several times while asleep. If sleep is disrupted for any reason, the body may not have a chance to properly restore itself, especially if it is struggling to get to the later stages: deep sleep and REM sleep. Studies have shown that sound and sufficient sleep is important for learning, memory, and a healthy immune system. A regular pattern of deep sleep and REM sleep will help to begin the next day feeling refreshed and ready to go.

WHAT IS REMFRESH® ION-POWERED MELATONIN™?

REMfresh® Ion-Powered Melatonin™ is a unique, continuous-release and absorption (CRA) formulation of UltraMel® ultrapure melatonin. REMfresh® uses the patented, scientifically advanced Ion Powered Pump (IPP)™ technology to release and absorb premium melatonin for up to 7 hours.* This may help one fall asleep faster, stay asleep longer and experience quality sleep (i.e., deep sleep and REM sleep).*

WHAT IS ION POWERED PUMP™ (IPP)™ TECHNOLOGY AND HOW IS IT DIFFERENT FROM “TIME-RELEASED” OR “BI-LAYER” MELATONIN PRODUCTS?

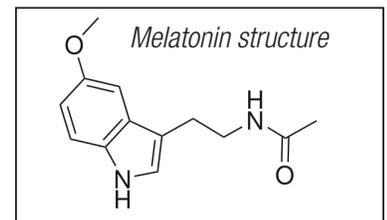
Research has shown that conventional melatonin products have challenges being absorbed beyond the stomach, which may explain why conventional melatonins (including time-released) have difficulties with continuous absorption through the night. The REMfresh® special patented Ion Powered Pump™ (IPP)™ technology is a continuous-release and absorption system. This allows REMfresh® Ion-Powered Melatonin™ to mimic how the body naturally produces and absorbs melatonin.* This release and absorption profile can be called the Mesa Wave™. This means an initial start of release around bedtime and then continuous release and absorption throughout the night.* This helps the body achieve its natural, full sleep cycle.* This cycle may include the deep sleep and REM sleep needed to wake refreshed. Since REMfresh® is not a drug, it should not produce a drug hangover in the morning.

WHAT IS ULTRAMEL® MELATONIN AND WHY IS IT BETTER?

UltraMel® melatonin is a high quality, 99% ultrapure melatonin sourced from Western Europe. UltraMel® melatonin is produced exclusively for Physician's Seal to conform to the company's high standards.

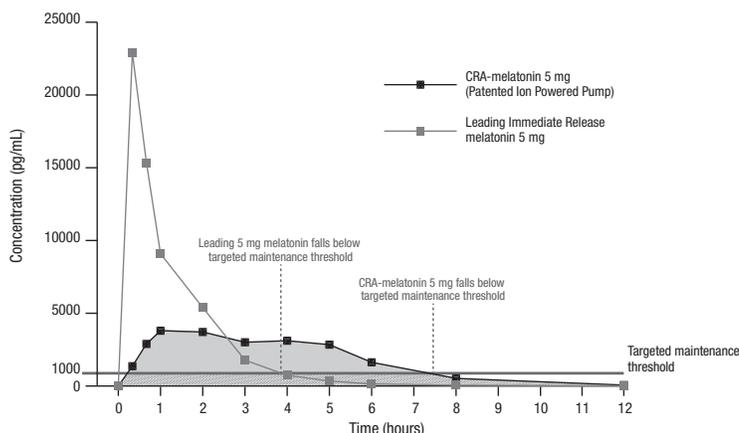
HOW IS REMFRESH® DIFFERENT FROM NON-MELATONIN SLEEP PRODUCTS?

REMfresh® is different from non-melatonin sleep products because it delivers the body's own natural sleep ingredient, melatonin.* Melatonin has not been shown to cause memory problems, morning dysfunction, drowsiness, or unusual night occurrences such as sleepwalking. REMfresh® is non-habit forming and does not contain narcotics, hypnotics, barbiturates, sedatives, antihistamines, alcohol or other harsh or additive chemicals.



HOW IS REMFRESH® ION-POWERED MELATONIN™ DIFFERENT THAN OTHER MELATONIN PRODUCTS?

Unlike conventional melatonin sleep products, the continuous release and absorption technology of REMfresh® is scientifically designed to mimic the body's own sleep cycle with the same ingredient that the body naturally makes and uses to induce and maintain sleep.*



The REMfresh® patented IPP™ technology sets it apart as it helps to maintain melatonin levels for up to 7 hours, allowing for deep and restorative REM sleep as part of a full sleep cycle.*

The 7 hour absorption of REMfresh® Ion-Powered Melatonin™ has been demonstrated in a well-designed clinical trial, **REMAKT (REM Absorption Kinetics Trial)**, versus the leading conventional melatonin brand (see adjacent chart). This was peer-reviewed and presented at SLEEP 2017 medical conference.

REMfresh® has been granted four patents by the United States Patent and Trademark Office which is an acknowledgment of the uniqueness and novelty of how REMfresh® works.

*This information is for educational purposes only and is not meant to be a substitute for the advice of a physician or other healthcare professional. It has not been reviewed by the FDA. You should not use this information for diagnosing a health problem or disease. Individual results may vary. The company will strive to keep information current and consistent, but may not be able to do so at any specific time. Generally, the most current information can be found on www.REMfresh.com.

IS REMFRESH® ION-POWERED MELATONIN™ APPROVED BY THE FDA AND IS IT SAFE?

REMfresh® is a dietary supplement regulated by the Federal Dietary Supplement Health and Education Act which does not require preapproval by the U.S. Food and Drug Administration (FDA). However, the FDA, at all times, has the authority to investigate and monitor dietary supplement products for safety and compliance.

Melatonin has been in common use for over two decades and, as the body's own sleep ingredient, has a well-established profile of safe use by millions of people around the world.

Reading and following the label directions is essential for the proper use of all supplements.

12 month post marketing safety study showed no pattern of any side effects²

WHAT ARE SOME COMMON PRECAUTIONS FOR PRODUCTS THAT CONTAIN MELATONIN?

It is always good to talk to a physician about health and medical history (including medications): Before use if below 18 years in age; if you are experiencing long-term sleep difficulties; before use if pregnant, attempting to become pregnant or nursing; those with a medical condition, those taking medication, and those who have chronic diseases; if taking sedatives, tranquilizers or any other sleep aid. Do not drive or operate machinery when taking melatonin. Do not use when consuming alcohol. Keep out of reach of children. Store at room temperature. Individual results may vary; do not use if blister is torn or ripped or if there is any other evidence of tampering. Consult a physician if using any supplement for the first time.

HOW SHOULD REMFRESH® ION-POWERED MELATONIN™ BE TAKEN?

Take 1-2 caplets of REMfresh® Ion-Powered Melatonin™ nightly, 30 to 60 minutes before desired bedtime. Do not exceed 10 mg per night. REMfresh® can be taken with or without food. REMfresh® works best as part of an individualized Sleep Hygiene Cycle™.

To help manage occasional sleeplessness, one should include the following in an individualized Sleep Hygiene Cycle™:

- Try to go to bed at the **same time** every night.
- Enjoy a 2-hour period of **calm activity** to reduce restlessness and circular thoughts before bedtime. Try to avoid television and computer/cell phone blue screens.
- **Take REMfresh® nightly**, 30 to 60 minutes before bedtime to help fall asleep, stay asleep, obtain high quality sleep (deep and REM) and wake up replenished and refreshed.*

HOW WILL A PERSON FEEL AFTER TAKING REMFRESH®?

When taking REMfresh®, one may feel ready for sleep within 30 minutes to an hour. If woken up in the middle of the night while taking REMfresh®, some may find it easier to fall back to sleep than with other melatonin products because of the unique release and absorption technology in REMfresh®.* It is recommended that one take REMfresh® when aiming for a fuller night's sleep. REMfresh® is designed so that one wakes up refreshed and ready for the day.

Everyone reacts differently to melatonin. A study done with a 2 mg prolonged-release melatonin product in Europe shows it may take up to 3 weeks to allow a fuller effect of melatonin.

HOW MUCH SLEEP IS ACTUALLY NEEDED?

Everyone is different and requires different amounts of sleep. Guidelines from the National Institutes of Health recommend that most healthy adults (including the elderly) need 7-8 hours of sleep. A recent study in 2014 found that 7 hours is the optimal amount of sleep for healthy adults. REMfresh® is uniquely formulated to release the body's key sleep ingredient, melatonin, for up to 7 hours.*

CAN REMFRESH® BE TAKEN BY PERSONS WITH CERTAIN FOOD ALLERGIES OR SENSITIVITIES?

REMfresh® has no added gluten, nuts, fish, or dairy products.

WHERE AND HOW IS REMFRESH® MADE?

REMfresh® is manufactured in the United States under strict current Good Manufacturing Practices (GMP). The manufacturing facilities are inspected by the U.S. Food and Drug Administration. Unlike many other melatonin products, the innovators of REMfresh® import their own brand of premium melatonin (UltraMel™) from Europe. The source of many other melatonin products is often undisclosed or imported from China or India.

CAN REMFRESH® BE TAKEN BY CHILDREN?

If you are below 18 years in age, before taking REMfresh®, please consult a physician.

For more information and special offers, please visit www.REMfresh.com.

For comments and questions call – toll free 1-866-554-7071.

¹ REM Absorption Kinetics Trial (REMAKT), a pharmacokinetic trial of 5 mg REMfresh, not a sleep study. Peer-reviewed and presented at SLEEP 2017 medical conference.

² REMSU 12, data on file.

REMfresh® is protected by U.S. patents No.: 8,169,275; 9,186,351; 9,241,826; 9,549,900.



Manufactured for Physician's Seal®, LLC
Boca Raton, FL 33487