



PRODUCT OVERVIEW:

Your body is doing amazing things, even when you're sleeping. Vemma Bod•ē Rest helps fine-tune your body during the night so you're at your best when you awake.* This zero caffeine, 3-oz noncarbonated concentrate, featuring the clinically studied Vemma formula, feeds your body with the same weight loss blend of ingredients included in Bod•ē Burn, along with key nutrients known to prepare your body for rest and enhance its nightly restorative processes.*

NIGHTTIME WEIGHT MANAGEMENT SUPPORT*:

To help maximize results, Bod•ē Rest:

- Prepares** your body for rest*
- Enhances** your body's natural restorative processes*
- Nourishes** your body for overall health*

TRANSFORM YOUR BODY*:

Imagine having tons of energy and being excited about transforming your look ... and your life.* The Vemma Bod•ē 12-Week Transformation Plan is not another bar or shake meal replacement strategy that tells you to replace the foods you love with a monotonous meal replacement program. In contrast, it allows you to eat smaller meals more often, thus giving you a satisfied feeling instead of the hunger or deprivation so many other weight management programs leave you with. It's a first-of-its-kind healthy weight solution that challenges what has been done before, and delivers results-driven products with a sustainable plan to make achieving a healthy weight something you can succeed at.*†

The Bod•ē 12-Week Transformation Plan and Vemma Bod•ē products were developed by Vemma Chief Scientific Officer Yibing Wang, M.D., Ph.D., with Eastern (cardiology) and Western (genetic obesity) wellness expertise, and in collaboration with experts in nutrition, weight management and fitness. With the multidimensional benefits needed to tackle the challenge of achieving a healthy weight without sacrificing wellness, the Bod•ē 12-Week Transformation Plan, in combination with the specially formulated Vemma Bod•ē products, harnesses the powerful concept of carb cycling to help you shed those hard-to-lose pounds and transform your body.*†

The **Vemma Formula Inside** seal guarantees you've received the clinically studied blend of 12 full-spectrum vitamins, over 65 plant-sourced minerals, mangosteen superfruit and organic aloe vera in every serving.



CLINICALLY STUDIED:

The Vemma Clinical Trials were conducted by one of the industry's most widely recognized experts in independent clinical testing: Brunswick Laboratories in Norton, Mass. The intention of these studies was to evaluate the efficacy and overall bioavailability of Vemma on immune function and well-being in adults. This was done by subjecting the product to the highest standard of clinical research—independent, double blind, placebo-controlled study. The studies confirmed Vemma showed significant improvements in immune markers, superior antioxidant absorption and a lowering of C-reactive protein (CRP), which points to its beneficial effects on overall health and wellness.*

KEY INGREDIENTS:

- 12 full-spectrum vitamins** (including antioxidant vitamins) — Vital for health and well-being.*
- Plant-sourced mineral blend** — Over 65 major, trace and ultra-trace ionic, life-giving nutrients.
- Phytonutrient ingredients** — A blend of powerful plant and natural components that help promote good health.*
- Organic glyconutrient-rich aloe vera** — A powerful phytonutrient known to provide the body with many beneficial effects.*
- Organic decaffeinated green tea** — For additional antioxidant power and phytonutrient protection.*



[Key Ingredients Continued >](#)

References: Kondo M., et al. "Bioavailability and Antioxidant Effects of a Xanthone-Rich Mangosteen (Garcinia mangostana) Product in Humans." Journal of Agricultural and Food Chemistry 57 (October 14, 2009): 8788-92. Tang Y., et al. "Effect of a Mangosteen Dietary Supplement on Human Immune Function: A Randomized, Double Blind, Placebo-Controlled Trial." Journal of Medicinal Food 12 (August 2009): 755-763.

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†To be used in conjunction with a healthy diet and daily exercise.

Mangosteen superfruit — An abundant supply of wildcrafted whole fruit mangosteen and beneficial pericarp (rind) extract that provide some of the highest quantities of phytonutrients (xanthenes) found in nature.

20 grams of protein — A proprietary protein blend of hydrolyzed collagen, with pea and rice works to suppress your appetite and protects against muscle loss.*

7 grams of soluble fiber — A dietary fiber source to help you feel fuller and satisfied longer, while maintaining insulin levels already in the normal range.*

L-Theanine — Helps with relaxation and focus.*

Conjugated Linoleic Acid (CLA) — Supports healthy muscle mass.*

Resveratrol — Level equivalent to 20 glasses of red wine; this naturally occurring compound is found in the skin of grapes and other fruits, and is thought to promote antiaging and have strong, restorative antioxidant properties.*

L-Arginine — A natural amino acid known to support healthy blood flow.*

GABA — Also known as *gamma aminobutyric acid*, GABA is a natural neurotransmitter that fuels mental and physical activities.*

Red beet — A nutritious vegetable known for its high polyphenol content, including betacyanin, to provide increased antioxidant protection.*

Quercetin — A flavonol found in the skin of onions and apples, known for its powerful antioxidant benefits.*

Banana — Provides a rich source of B vitamins, potassium and L-tryptophan, an amino acid that can be beneficial in promoting the production of serotonin.*

Blueberry juice — Touted as a superfruit, blueberries are known for their powerful restorative and antioxidant abilities.* Current research shows that blueberries also promote heart health.*

Chamomile — More commonly known for use in teas, chamomile is a general name for a group of daisy-like flowering plants. Extracts from these plants have been traditionally used for relaxation.*

Grape seed extract — A compound derived from the seeds of grapes, which are rich in vitamins, linoleic acid and oligomeric proanthocyanidins (OPC), and are known for having strong restorative and antioxidant properties.*

Tart cherry — A general classification for varieties of cherries, which includes the Montmorency and Balaton varieties. Cherries are rich in phenolic compounds that may have antioxidant properties.* Some tart cherries also contain high levels of melatonin. Traditionally, tart cherries have been used as a home remedy for a variety of conditions, such as muscle discomfort.*

Valerian — A flowering plant that has been used by traditional healers since the time of the ancient Greeks and Romans. It is also consumed as a tea and is thought to promote sleep and relaxation.*

MANGOSTEEN SUPERFRUIT POWER:

Mangosteen is a rare superfruit primarily found in Southeast Asia and scientifically known as *Garcinia mangostana*. No relation to the mango, it has been hailed as the “Queen of Fruits” and has been used for centuries by Asian health practitioners to treat a variety of health conditions.*

Of all the known sources for xanthenes, the mangosteen supplies some of the highest amounts found in nature. Xanthenes are a biologically active phytonutrient with very potent antioxidant properties. Vemma’s source of mangosteen is wildcrafted, which is the practice of harvesting plants and fruits from their natural or “wild” habitats, where pesticides are not applied.

The entire wildcrafted mangosteen fruit, including the pericarp (rind) and pulp, is utilized during Vemma’s proprietary extraction process. Pioneered by Vemma Chief Scientific Officer, Yibing Wang, M.D., Ph.D., this intricate method helps ensure that the highest levels of xanthenes and other phytonutrients are included in the Vemma formula.

THE SCIENCE OF MINERALS:

Your physical well-being can be more directly dependent upon the minerals you take into your body than almost any other factor. Minerals help support the health of organs, bones and the immune system.* Vemma has a unique mineral blend to help enhance your overall health.* It contains 100% ionic, life-giving minerals that are reduced to the smallest, most bioavailable form. Vemma’s minerals are sourced from plant vegetation that has been undisturbed for thousands of years. These unprocessed phytonutrients include over 65 major, trace and ultra-trace, plant-sourced minerals.

- The body cannot survive without nature’s fundamental minerals, yet it cannot manufacture minerals. They must be obtained from the diet or through supplementation.
- Modern-day diets may lack the appropriate balance of minerals due to mineral-depleted soils and over-processed foods.
- Minerals are needed for energy production, protection from free-radical damage and other vital functions.*
- Minerals provide a foundation for your optimal health.*
- The liquid form is more bioavailable than caplets or tablets — easy to take and easy for the body to use.

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VEMMA BOD•Ē REST ZERO CAFFEINE

Supplement Facts		
Serving Size 1 Bottle - (88.7 mL/3 fl oz)		
	Amount Per Serving	% DV
Calories	110	
Total Carbohydrate	12 g	4%*
Sugars	5 g	†
Dietary Fiber (soluble fiber as Fibersol®-2)	7 g	28%*
Protein	20 g	†
Vitamin A (100% as beta carotene)	1250 IU	25%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D ₃ (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamine hydrochloride)	1.5 mg	100%
Riboflavin (as riboflavin U.S.P.)	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B ₆ (as pyridoxine hydrochloride)	2.5 mg	125%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	7.5 mcg	125%
Biotin (as d-Biotin)	300 mcg	100%
Pantothenic Acid (as calcium d-pantothenate)	10 mg	100%
Selenium (as selenium amino acid chelate)	70 mcg	100%
Proprietary Wildcrafted Mangosteen, Organic Glyconutrient-Rich Aloe Vera and Organic Decaffeinated Green Tea Blend	12.6 g	†
Reconstituted Mangosteen Juice (Garcinia mangostana L.) (fruit), Aloe Vera Gel (leaf), Green Tea (leaf) (decaffeinated), Mangosteen Extract (pericarp) (standardized 10% xanthones)		
Proprietary Plant-Sourced Major, Trace and Ultra-Trace Mineral Blend	478 mg	†
Proprietary Weight Loss Blend	245 mg	†
L-Theanine, Conjugated Linoleic Acid, Resveratrol		
Proprietary Restorative Blend	5200 mg	†
L-Arginine Hydrochloride, GABA, Red Beet, Quercetin, Banana (fruit), Blueberry Juice Concentrate, Chamomile, Grape Seed Extract, Tart Cherry (fruit), Valerian (root)		

* Percent Daily Values are based on a 2,000 calorie diet
† Daily Value (DV) not established

Other ingredients: ultra-purified reverse osmosis water, proprietary protein blend (hydrolyzed collagen, pea protein and rice protein), organic evaporated cane juice, natural flavors, citric acid, malic acid, xanthan gum and sucralose

PRODUCT USAGE:

Add Vemma Bod•ē Rest zero caffeine concentrate to 5 fl oz or more of cold, purified water. Stir or shake well. Drink one serving 30-to-60 minutes before bedtime. Consult a physician before using this product if you have a medical condition, including heart or viral disease, bleeding disorders, diabetes or impaired kidney function. Do not consume this product if you are pregnant or nursing. Discontinue if allergic reaction occurs. **Keep out of reach of children.**

TARGET MARKET:

Bod•ē Rest is intended for individuals 18 years and older who are seeking a zero caffeine nighttime weight solution to help prepare your body for rest while replenishing key nutrients that assist the body in carrying out key restorative processes.*

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NO:

- Artificial Colors
- Artificial Flavors
- Preservatives
- BPA Packaging
- Gluten
- Soy
- Dairy



VEMMA BOD•Ē REST PRICING:

Item Code	Item Description	Qty	Price (USD)	QV
1001182	Bod•ē 4-Week Transformation Pack	48 – 8.3 fl oz cans of Bod•ē Burn 24 – 3 fl oz bottles of Bod•ē Rest 8 – 3 fl oz bottles of Bod•ē Burn 7 – 2 fl oz bottles of Bod•ē Cleanse 1 – Vemma Sampler Pack (Includes a sample of: Vemma 2-oz, Verve Energy Drink, Verve Zero Sugar Energy Drink, Verve Energy Shot, Vemma NEXT 2-oz)	\$299.95	210
1001176	Bod•ē Burn/Rest Transformation Pack (4-week supply for one person)	24 – 8.3 fl oz cans of Bod•ē Burn 24 – 3 fl oz bottles of Bod•ē Rest 8 – 3 fl oz bottles of Bod•ē Burn 7 – 2 fl oz bottles of Bod•ē Cleanse 1 – Vemma Sampler Pack (Includes a sample of: Vemma 2-oz, Verve Energy Drink, Verve Zero Sugar Energy Drink, Verve Energy Shot, Vemma NEXT 2-oz)	\$220	160
1001172	Bod•ē Rest zero caffeine concentrate 8 Pack	8 – 3 fl oz bottles	\$29	20
1001174	Bod•ē Rest zero caffeine concentrate 24 Pack	24 – 3 fl oz bottles	\$80	60

FREQUENTLY ASKED QUESTIONS:

Vemma Bod•ē Rest Questions

Why should I take Bod•ē Rest?

Bod•ē Rest is a zero caffeine, noncarbonated concentrate formulated with the same weight loss blend of ingredients included in Bod•ē Burn, along with key nutrients that assist your body's nightly restorative processes.* It does contain natural ingredients such as chamomile, valerian and banana, which are well-known for their relaxing properties; however, it is not to be confused as a natural sleep aid. It simply helps relax and prepare your body for rest, nourishes your body, as well as supports its natural restorative processes during the night.*

How quickly should I see results? Does Bod•ē Rest work for everyone?

Most people typically see results within the first week; however, since everyone is different physiologically, individual results may vary. Two pilot studies conducted by Vemma showed that 55 participants who followed the Vemma Bod•ē Transformation Plan for 12 weeks lost an average of 14.8 pounds. Not all participants will complete the plan, or accurately follow the directions and guidelines of the plan. Vemma Nutrition Company recommends you follow a healthy approach to weight loss by consulting with your physician or healthcare provider before starting any new exercise, diet plan, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. The Vemma Bod•ē products as part of the Vemma Bod•ē 12-Week Transformation Plan should be used in conjunction with a healthy diet and 10 minutes of daily exercise.

Can I take Bod•ē Rest daily?

Yes, this product can be consumed daily, as directed on the product label and in accordance with the Bod•ē 12-Week Transformation Plan.

Can I take Bod•ē Rest concentrate as a shot instead of mixing with 5 ounces or more of water?

The concentrate flavoring is designed to be added to 5 fl oz or more of cold, purified water and consumption of the stand-alone shot may not provide the same great taste. Proper hydration is essential to product efficacy and Vemma Bod•ē 12-Week Transformation Plan success. If you prefer to take Bod•ē Rest concentrate as a stand-alone shot, we recommend following it with at least 5 fl oz or more of cold, purified water immediately thereafter.

What are antioxidants?

Antioxidants are substances found in nature that may protect cells from the damage caused by unstable molecules known as free radicals.* Free radicals are a by-product of over exercise, stress, and exposure to dirty air and other environmental pollutants. Bod•ē Rest contains ingredients that possess antioxidant properties and may help fight free radicals in your body.*

What are xanthenes?

Bod•ē Rest contains xanthenes, which are natural phytonutrients found in the mangosteen fruit that work to help protect your body.*

Where do the phytonutrient-rich antioxidants in Bod•ē Rest come from?

They come from the xanthone-rich mangosteen fruit, organic glyconutrient-rich aloe vera and organic decaffeinated green tea. Phytonutrients are plant compounds which are thought to possess beneficial qualities.*

Is it necessary to take a multivitamin if I am taking Bod•ē Rest?

Bod•ē Rest contains one ounce of the Vemma formula. We recommend one serving of Bod•ē Rest per night, as indicated on the product label. When used in conjunction with any of the other Vemma products, it is not necessary to take a multivitamin. We suggest consulting with your healthcare provider if you have additional questions regarding your specific regimen.

Which minerals are included in the Vemma mineral blend?

The Vemma formula contains over 65 major, trace and ultra-trace minerals. Because we source our minerals from naturally occurring vegetation, the level of individual minerals may vary slightly from batch to batch. The Vemma formula proprietary mineral blend contains the following minerals:

Carbon (Organic), Calcium, Sodium, Sulfur, Magnesium, Chloride, Bromide, Fluorine, Iodine, Potassium, Niobium, Aluminum, Iron, Phosphorus, Silica, Manganese, Boron, Strontium, Titanium, Tungsten, Copper, Zinc, Tin, Zirconium, Molybdenum, Vanadium, Chromium, Selenium, Nickel, Cobalt, Lithium, Gallium, Barium, Yttrium, Neodymium, Hafnium, Cadmium, Thorium, Antimony, Cerium, Tellurium, Beryllium, Samarium, Dysprosium, Erbium, Bismuth, Gadolinium, Cesium, Lanthanum, Praseodymium, Europium, Lutetium, Terbium, Ytterbium, Holmium, Thallium, Thulium, Tantalum, Germanium, Gold, Platinum, Rhodium, Rubidium, Ruthenium, Scandium, Silver and Indium.

[FAQs Continued >](#)

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What is the sweetener used in Bod•ē Rest and why did you choose that source?

Bod•ē Rest is sweetened with a combination of organic evaporated cane juice and sucralose. After extensive research and testing during the product development phase, organic evaporated cane juice and sucralose were chosen as the best alternative sweeteners for these products. Many of the other sweeteners did not meet our criteria for compatibility with the Bod•ē Rest formulation. The use of premium ingredients, formula efficacy and flavor in the Vemma products are our highest priorities. Vemma Research and Development thoroughly reviews scientific data for all potential ingredients.

Some will tell you that organic cane juice is considered one of the healthiest alternatives to refined sugar. While both sweeteners are derived from sugar cane, organic cane juice does not undergo the same degree of processing as refined sugar. Therefore, unlike refined sugar, organic cane juice retains more of the nutrients found in natural sugar cane.

Sucralose is derived from natural cane sugar through a multi-step manufacturing process that selectively removes hydrogen-oxygen groups from the sugar molecule and replacing them with chlorine atoms. Please know that chlorine is a naturally occurring substance that is found in vegetation and even table salt. Current scientific data supports that sucralose is safe and does not affect insulin levels. The use of sucralose is well documented in numerous scientific studies conducted over a 20-year period. It is approved for use in over 80 countries and deemed appropriate for use by all consumers by such health authorities as the World Health Organization, United States Food and Drug Administration (FDA) and the European Food Safety Authority (EFSA).

How is Bod•ē Rest manufactured?

Bod•ē Rest is made at Vemma's facility that meets FDA manufacturing standards called Good Manufacturing Practices (GMP). This ensures our product meets the highest quality possible. Bod•ē Rest is manufactured using a special proprietary process to protect the delicate balance of vitamins, minerals and phytonutrients right up to the moment of consumption. Bod•ē Rest processing and packing are designed to protect the formula's nutrient balance as well.

Can I take Bod•ē Rest if I have a health condition or am taking medication?

As with any dietary supplement, we recommend checking with your healthcare professional before taking Bod•ē Rest if you have a medical condition or in conjunction with prescription drugs and over-the-counter medications.

Is Bod•ē Rest backed by a guarantee?

We are confident that you are going to love Bod•ē Rest and all Vemma products. We offer a 30-day, 100% money-back guarantee. If you are not completely satisfied, simply return your product to us for a complete product refund, even if the bottles are empty!

Can I take Bod•ē Rest every night?

Yes, you may take one serving of Bod•ē Rest every night, 30-to-60 minutes before bedtime, as directed.

Can I drive after I take Vemma Bod•ē Rest?

No, we do not recommend driving a motor vehicle or operating heavy machinery for at least eight hours after taking Bod•ē Rest.

Can I drink alcohol and consume Bod•ē Rest?

No, Bod•ē Rest should not be taken with alcohol. Studies have shown that alcohol can interrupt normal sleep patterns.

Does Bod•ē Rest contain any restricted substances, narcotics or alcohol?

No, Bod•ē Rest does not contain any restricted substances, narcotics or alcohol.

What are the products in the Vemma Bod•ē brand?

Vemma Bod•ē is a healthy weight solution comprised of results-oriented products, including Bod•ē Burn, Bod•ē Burn zero caffeine, Bod•ē Cleanse and Bod•ē Rest, along with the Bod•ē 12-Week Transformation Plan — a sustainable eating plan that uses the concept of carb cycling. Each product has a unique formula and weight management purpose.

Bod•ē Burn and Bod•ē Burn zero caffeine help support your weight management efforts by enhancing your body's burn potential, curbing your appetite, increasing your energy and providing your nutritional support.**

Bod•ē Cleanse removes impurities at the cellular level to prepare your body for a transformation by supporting healthy liver and digestive functions, while providing nutrients to enhance overall wellness.**

Bod•ē Rest helps support your weight management efforts by enhancing your body's natural restorative processes, preparing your body for rest and nourishing your body for overall health.**

FAQs Continued >

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Vemma Bod•ē 12-Week Transformation Plan Questions

What is the Vemma Bod•ē 12-Week Transformation Plan?

Harnessing the innovative concept of carb cycling, the Vemma Bod•ē 12-Week Transformation Plan helps you create contrast in the body and shift away from eating habits that aren't working, toward habits that don't deprive you, but support results and a healthy lifestyle change.*† When used in conjunction with the Vemma Bod•ē products, the Bod•ē 12-Week Transformation Plan helps reprogram how your body uses food and helps you understand how timely eating, through carb cycling, can help you achieve your weight management goals.*†

What are the benefits of using Bod•ē Rest as part of the Vemma Bod•ē 12-Week Transformation Plan?

When used in conjunction with the Vemma Bod•ē 12-Week Transformation Plan, Bod•ē Rest helps support healthy weight management by nourishing your body with key nutrients known to prepare your body for rest and enhance its nightly restorative processes, for overall health during your body transformation.*†

When should I start to notice a change in my weight on the Vemma Bod•ē 12-Week Transformation Plan?

Most people typically see results within the first week; however, since everyone is different physiologically, individual results may vary. Two pilot studies conducted by Vemma showed that 55 participants who followed the Vemma Bod•ē Transformation Plan for 12 weeks lost an average of 14.8 pounds. Not all participants will complete the plan, or accurately follow the directions and guidelines of the plan. Vemma Nutrition Company recommends you follow a healthy approach to weight loss by consulting with your physician or healthcare provider before starting any new exercise, diet plan, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. The Vemma Bod•ē products as part of the Vemma Bod•ē 12-Week Transformation Plan should be used in conjunction with a healthy diet and 10 minutes of daily exercise.

Can I take Bod•ē Rest without following the Vemma Bod•ē 12-Week Transformation Plan?

Yes, you may consume Bod•ē Rest without following the Vemma Bod•ē 12-Week Transformation Plan. However, to better establish a healthy lifestyle, we encourage you to adhere to the Bod•ē 12-Week Transformation Plan for more desirable weight management results.†

What is a carb cycle and why is it important?

A carb cycle is a seven day period where one alternates between two low-carb days and one high-carb day for six days, followed by one guilt-free day on the seventh day. The varied consumption of carbohydrates help change how your body uses nutrients and supports your weight management goals.*

Where can I find more information about the Vemma Bod•ē 12-Week Transformation Plan?

The best resource is the online Bod•ē Trainer, received with the purchase of \$75 or more of Bod•ē products, which details the specifics of the Bod•ē 12-Week Transformation Plan and includes added features, such as recipe ideas and sample exercises. With your first order of any Bod•ē product, the accompanying Bod•ē Basics guide also explains the plan. Or, refer to the Bod•ē Language brochure that features a bonus DVD containing expert advice from Heidi Powell, Vemma Bod•ē Spokesperson, Personal Trainer and Life Coach, customized for the Bod•ē 12-Week Transformation Plan. The Bod•ē Language brochure can be downloaded under the Resources section of the Bod•ē Trainer, or you can purchase the brochure and DVD set by clicking on the shop now button and selecting it under the Bod•ē products section.

Didn't get your question answered?

View all FAQs at www.vemma.com/bode.

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