



PRODUCT OVERVIEW:

Your body is doing amazing things, even when you're at rest. Vemma Bod•ē Rest helps support your weight management efforts while you sleep.* This zero caffeine, 3-oz. concentrate 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 support your weight management efforts every night, Bod•ē Rest:

Enhances your body's natural restorative processes.*

Prepares your body for rest.*

Nourishes your body 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 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 instead, delivers results-driven products with a sustainable plan to make achieving a healthy weight something you can succeed at, long-term.**

The Bod•ē 12-Week Transformation Plan and 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. Having the multidimensional benefits needed to tackle the challenge of achieving a healthy weight without sacrificing wellness, the Vemma Bod•ē 12-Week Transformation Plan in combination with the specially formulated Bod•ē products harnesses the powerful concept of food 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 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:

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

20 grams of protein — A blend of three protein sources — hydrolyzed collagen, pea and rice protein — work 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 supporting healthy insulin levels in the normal range.*

L-Theanine — Enhances mental alertness and focus.*

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.



Key Ingredients Continued >



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

Resveratrol — Equivalent to the amount of 20 glasses of red wine, this naturally occurring compound found in the skin of grapes and other fruits is thought to promote anti-aging 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 inhibitory neurotransmitter that is thought to support relaxation.*

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.*

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 aloe vera — Powerful glyconutrients known to provide the body with many beneficial effects.*

Organic green tea — For additional antioxidant power and phytonutrient protection.*

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 All Fruits” and has been used for centuries by Asian health practitioners to treat a variety of health conditions.*

Of all the known sources for xanthones, the mangosteen supplies some of the highest amounts found in nature. Xanthones 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 xanthones 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 - (88.5 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 D3 (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 B6 (as pyridoxine hydrochloride)	2.5 mg	125%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (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 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:

Shake gently and add Bod•ē Rest concentrate to 5 fl. oz. or more of cold, purified water. 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 wellness supplement to help support weight management efforts while replenishing key nutrients that assist the body in carrying out key restorative processes.

NO:

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



VEMMA BOD•Ē REST PRICING:

Item Code	Item Description	Qty	Price (USD)	QV
1001172	Bod-e 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
1001176	Vemma 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 Burn 8 - 3 fl. oz. bottles of Bod•ē Burn 7 - 2 fl. oz. bottles of Bod•ē Cleanse	\$220	170

FREQUENTLY ASKED QUESTIONS:

Vemma Bod•ē REST Questions

Why should I take Bod•ē Rest?

Bod•ē Rest is intended for individuals 18 years and older who are seeking a zero caffeine, nighttime wellness supplement to help support weight management efforts while replenishing key nutrients that assist the body in carrying out key restorative processes.*

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.

Can I take Bod•ē Rest daily?

Yes, the products can be consumed daily, as directed on the product label.

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

The concentrate flavoring is designed to be added to 5 ounces 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 the 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 ounces 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 contain 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 aloe vera and organic 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. However, 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 regime.

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.

Can I take Bod•ē Rest without following the plan?

Yes, you may consume Bod•ē Rest without following the 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, long-term results.

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 non-sugar sweeteners for these products. Many of the other non-calorie sweeteners did not meet our criteria for compatibility with Bod•ē Rest formulations. The use of premium ingredients, formula efficacy and flavor in the Vemma products are our highest priorities. Vemma Research & Development thoroughly reviews scientific data for all potential ingredients.

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[FAQs Continued >](#)

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).

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.

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 is 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 in conjunction with prescription drugs.

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 still take Vemma Bod•ē Rest even if I can't devote myself to a full night of sleep?

We recommend devoting at least seven hours for sleep after taking one serving of Bod•ē Rest.

Can I drink alcohol and consume Bod•ē Rest?

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?

Bod•ē Rest does not contain any restricted substances, narcotics or alcohol.

Can I take Bod•ē Rest if I have a viral disease such as herpes or cold sores?

If you have a viral disease such as herpes, you should consult with your medical practitioner before taking Bod•ē Rest, as the L-Arginine in the product may react with the disease to cause a flare up. Some medical practitioners suggest balancing the intake of L-Arginine with the amino acid lysine to minimize flare ups. Your personal practitioner will be able to advise you.

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 Bod•ē 12-Week Transformation Plan, the Bod•ē Rest support healthy weight management by helping curb your appetite, enhance energy levels and nourish your body with key nutrients for overall health during your body transformation.*†

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[FAQs Continued >](#)

Vemma Bod•ē 12-Week Transformation Plan Questions

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

Harnessing the innovative concept of food cycling, the 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 food cycling, can become a lifelong fundamental for achieving long-term weight management success.†

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.

What is a food cycle and why is it important?

A food cycle is a period of 7 days during which you follow an innovative eating plan to help you reprogram your body and help you attain your weight management goals.*

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

With the purchase of the Vemma Bod•ē products, you receive a Bod•ē online profile that includes complete details about the Bod•ē 12-Week Transformation Plan, products, texting and added features such as sample recipes and exercises to help support your success.*†

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Vemma Bod•ē Products