

Seditol® Plus

Improved

NPN 80079425

DESCRIPTION

Seditol® Plus is a combination of Seditol®, containing *Magnolia officinalis* and *Ziziphus spinosa*, with chamomile and lemon balm. This formula also contains passionflower, which is used in traditional Herbal Medicine as a sleep aid.

FUNCTIONS

For many individuals, the hectic pace of a Western lifestyle, lack of exercise, and poor eating habits can lead to sub-optimal health. Often, these same individuals do not receive enough sleep at night. The vast majority of healthcare providers now recommend that people receive at least 7-8 hours of sleep. Lack of sleep has been shown in studies to be a major cause of elevation of stress (cortisol) and appetite (ghrelin) hormones, which is thought to lead to a further progression of poor sleep and eating habits. These poor habits may be factors in determining weight gain, cardiovascular fitness, mental alertness, immune health and other important indicators of optimal health and well-being.

Seditol® Plus is designed to aid sleep, thus leading to better sleep patterns. It offers Seditol®, a clinically researched blend of Magnolia and Ziziphus, ingredients that have been used in Traditional Chinese Medicine for hundreds of years. In addition to chamomile and lemon balm, which also have important roles in Herbal Medicine, passionflower is included for its use in traditional Herbal Medicine as a sleep aid. Research suggests its relaxing properties can assist the body’s requirement for a restful night’s sleep.

INDICATIONS

- Passionflower is traditionally used in Herbal Medicine as a sleep aid

FORMULA (#202304-30HYC-C)

Each Vegetarian Capsule Contains:

Seditol®	365 mg
Providing:	
Magnolia-bark (<i>Magnolia officinalis</i>) Bark Extract (50:1)	27 mg (1350 mg dried equivalent)
Suan zao (<i>Ziziphus jujuba</i> var. <i>spinosa</i>) Seed Extract (12:1).....	226 mg (2712 mg dried equivalent)
Chamomile (<i>Matricaria chamomilla</i>) Flower	10 mg
Passionflower (<i>Passiflora incarnata</i>) Aerial parts Extract (6:1)	45 mg (270 mg dried equivalent)
Lemon balm (<i>Melissa officinalis</i>) Leaf Extract (5:1).....	5 mg (25 mg dried equivalent)

Non-medicinal Ingredients: Hypromellose (capsule), dextrin, cellulose, magnesium stearate, silica.

Seditol® is a registered trademark of InterHealth N.I. Seditol® brand *Magnolia officinalis* and *Ziziphus spinosa* (U.S. Patents 6,582,735 and 6,814,987).

SUGGESTED USAGE

Adults: Take 1 capsule daily 1 hour before bedtime or as directed by your healthcare practitioner. Consult your healthcare practitioner for use beyond 2 weeks.

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RISK INFORMATION

Do not use if you are pregnant, breastfeeding or allergic to plants of the Asteraceae/Compositae/Daisy family. Consult your healthcare practitioner if sleeplessness persists continuously for more than 2 weeks. Consumption with alcohol, other medications or health products with sedative properties is not recommended. Some people may experience drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Hypersensitivity has been known to occur, in which case discontinue use. Do not use if seal is broken or missing.

STORAGE

Store in a cool, dry place. Keep out of reach of children.

REFERENCES

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