SedaLin™

Sleep Support*

Clinical Applications

» Supports Calmness*

» Supports Normal, Uninterrupted Sleep*

SedaLin™ is an all-natural herbal blend of Magnolia officinalis and Ziziphus spinosa formulated to support restful sleep. To achieve maximum effectiveness, this non-addictive formula should be taken for a minimum of seven nights in a row and may be taken indefinitely.*

Discussion

Human Studies A Home Use Test (HUT) performed in 2005 among a target group of 61 men and women using SedaLin™ for two weeks yielded very positive results.[1] Seventy-four percent of respondents used the product according to the directions: Take seven or more capsules during the two-week test period. Of these respondents,

» 83% said SedaLin helped them relax*

» 91% said SedaLin helped reduce fatigue due to lack of sleep*

» 91% said SedaLin helped ensure a good night’s sleep*

» 82% said SedaLin is an essential item to have on hand*

An open-label, single-center, observational survey that included 295 people (ages 18-87) with sleep difficulties was performed to obtain a subjective evaluation of the tolerability and effectiveness of SedaLin.[2] Self-reported sleep difficulties included problems falling asleep, multiple wakings, and next-day tiredness due to a lack of sleep. Patients taking at least one 365 mg capsule of SedaLin one hour before going to bed every night for at least two weeks experienced the following:

» 86% considered SedaLin relaxing*

» 82.8% said SedaLin assisted in a restful sleep*

» 82.8% said SedaLin was effective in reducing fatigue due to lack of sleep*

» No significant adverse events

SedaLin (known as SEDITOL®) is a blend of a patented extract of Magnolia officinalis bark and a proprietary extract of Ziziphus spinosa seed. These herbs have been traditionally used in Asia for qi stagnation, for mild anxiety and nervousness, and to support normal, uninterrupted sleep.*[3-5] Magnolia officinalis Magnolia bark is rich in a biphenol compound called honokiol and its isomer magnolol. In experimental animal studies, these compounds have been shown to enhance the activity of gamma-aminobutyric acid (GABA) A receptors and GABA binding, which may help the body cope with the neurologic effects emotions can have on behavior and well-being.[4,6] Honokiol, administered by intraperitoneal injection in mice, was shown to promote NREM (non-rapid eye movement) sleep by modulating the benzodiazepine site of the GABA (A) receptor.[6] And, in an experimental animal model of chronic mild stress, a mixture of honokiol and magnolol supported normal levels of 5-hydroxytryptamine (5-HT) and its metabolite 5-hydroxyindoleacetic acid (5-HIAA) in various brain regions. The combination also promoted healthy corticosterone levels and platelet adenylyl cyclase (AC) activity. Researchers suggest that these findings provide a basis for further study into the influence of magnolol and honokiol on the serotonergic system, the HPA (hypothalamic-pituitary-adrenal) axis, and the AC-cAMP pathway in relation to mood and emotional behavior.*

Ziziphus spinosa A primary use of Z spinosa seeds in Traditional Chinese Medicine is to support calmness and help individuals with occasional sleeplessness.[8,9] In an experimental animal model, saponins and flavonoids extracted from the seeds showed a significant relaxing effect and helped prolong sleeping time.[9] To investigate potential mechanisms, researchers tested the influence of spinosin—a flavonoid derived from ziziphus seeds—on pentobarbital-induced sleep in mice. They concluded that it potentiated sleep via a serotonergic mechanism.*

Koetter et al.[3] studied the interactions of magnolia and ziziphus extracts with selected central nervous system receptors in a series of assays. Interactions with the adenosine A1 receptor, dopamine transporter and dopamine D5 receptor (antagonist activity), serotonin receptors (5-HT1B and 5-HT6 antagonist activity), and the GABA benzodiazepine receptor were demonstrated. It is suggested that these findings provide some insight into the combined activity of these extracts.*
SedalLin™ Supplement Facts

<table>
<thead>
<tr>
<th>Amount Per Serving % Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seditol®† (a proprietary blend of a patented† extract from Magnolia officinalis (bark) and an extract from Ziziphus spinosa (seed))</td>
</tr>
</tbody>
</table>

** Daily Value not established.

Other Ingredients: HPMC (capsule), magnesium stearate, stearic acid, microcrystalline cellulose, calcium silicate, and silica.

DIRECTIONS: Take one to two capsules before bedtime, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Do not take if pregnant or lactating. Do not take if currently taking any prescription medication or receiving medical treatment without consulting your physician. Keep out of the reach of children. Do not use if tamper seal is damaged.

DOES NOT CONTAIN: Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

STORAGE: Keep closed in a cool, dry place out of reach of children.

References


Additional references available upon request.