



# Seditol Plus

## Herbal Blend for Natural Sleep Support

### DESCRIPTION

Seditol Plus, available from Medical Wellness Associates, are a proprietary blend of *Magnolia officinalis* and *Ziziphus spinosa*, as well as a synergistic herbal blend, specifically designed to promote healthy sleep and support the body's normal nocturnal rhythms during stress.\*

### 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 health care providers now recommend that individuals receive at least 7-8 hours of sleep.\* This 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 part of the factors that determine weight gain, cardiovascular fitness, mental alertness, immune health and other important indicators of optimal health and wellbeing.\* Seditol Plus are designed to support healthy sleep patterns and help normalize stress hormones, thus leading to better sleep and relaxation patterns. The main ingredients of Seditol®, *Magnolia* and *Ziziphus*, have been used in Traditional Chinese Medicine for hundreds of years and are well regarded for their roles in stress management.\* In one clinical trial testing Seditol in adults, 87% of the participants agreed with the statements "Seditol helps you relax" "Seditol reduces fatigue due to lack of sleep" and "Seditol allows you to wake up feeling refreshed."\* In the same clinical trial, 83% of the participants agreed with the statement that "Seditol helps insure a sound night's sleep." In a second clinical trial, over 87% of the participants agreed with the same aforementioned statements.\* In addition to Seditol, chamomile, lemon balm and passion flower are included for the relaxing properties they can provide to assist the body's requirement for a restful night's sleep.

### INDICATIONS

Seditol Plus may be a useful dietary adjunct for individuals wishing to support normal sleep patterns and help reduce stress-induced sleeplessness.

### FORMULA (#99446)

1 vegetarian capsule contains:  
Seditol® (a proprietary blend of *Magnolia officinalis*[bark] and *Ziziphus spinosa*[seed]) .....365mg

Proprietary Blend .....25mg  
Chamomile (flower), Passion flower (aerial parts\_ and lemon balm (aerial parts)

Seditol® is a registered trademark of NPI, LLC.

### SUGGESTED USE

As a dietary supplement, take 1 capsule one hour before bedtime or as directed by your healthcare professional.

**Caution:** Causes drowsiness. Consumption may impair ability to drive or operate machinery. Alcohol may intensify this effect. Do not take this product if you are taking a prescription drug without consulting your physician first. Do not use while pregnant or lactating. Not intended for children.

### STORAGE

Keep out of reach of children.

### REFERENCES

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- Vgontzas AN, Bixler EO, Lin HM, Prolo P, Mastorakos G, Vela-Bueno A, Kales A, Chrousos GP. Chronic insomnia is associated with nyctohemeral activation of the hypothalamic-pituitary-adrenal axis: clinical implications. *J Clin Endocrinol Metab.* 2001 Aug;86(8):3787-94.
- Vorona RD, Winn MP, Babineau TW, Eng BP, Feldman HR, Ware JC. Overweight and obese patients in a primary care population report less sleep than patients with a normal body mass index. *Arch Intern Med.* 2005 Jan 10;165(1):25-30.
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(continued on reverse)

**\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.**

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