

# SEDITOL®

## Supports Healthy Sleep



Everyone needs a full night of uninterrupted, deep, relaxing sleep to stay healthy and help cope with everyday challenges. Source Naturals® SEDITOL is scientifically formulated with time-proven ingredients that can help you get the proper rest that your body needs. The plant extracts in Seditol

have been used in Traditional Chinese Herbalism for centuries. Seditol is an all-natural ingredient blend of a patented extract from magnolia bark and a proprietary extract of jujube seed.

The herbal combination of magnolia bark (*Magnolia officinalis*) and jujube seed (*Ziziphus spinosa*) may support a person with an overactive mind to get a restful night of sleep by helping to calm the central nervous system. Proper sleep is more than restorative because frequent interruption of your sleep cycle can effect alertness, performance, and lower the immune response. The benefits of healthy sleep can be yours with Source Naturals® SEDITOL, available as a convenient capsule.\*

Seditol is a registered trademark of NPI, LLC. US Patent No. 6,814,987



Strategies for Wellness<sup>SM</sup>

\*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.

## Sleeping with Stress

Stress is defined as a specific response an organism makes to stimulation that disturbs its equilibrium or exceeds its ability to cope. Failure to fall asleep when going to bed, or the inability to fall back into sleep after waking, is a sign of stress. Drowsiness and fatigue, experienced during waking hours, can put you at risk for accidents, affect your learning and work performance and lower your immune response, thus compromising your health. Seditol may help calm the central nervous system and help to promote healthy sleep patterns.

### Magnolia

Magnolia bark, known as *Hou Po*, is one of the more important plants in Traditional Chinese Herbalism. It has a very long history of safe use and was first noted in written documents dating back to the second century. In Chinese Herbalism it is known to move the *Qi* (vital energy). Preliminary studies show that honokiol, an active isolate of magnolia bark, may produce calming, relaxing and sedative effects.

### Jujube seed

Jujube seed or *Ziziphus spinosa*, plays a prominent role in Chinese herbal formulas that “nourish the heart and liver.” Jujube seed is historically considered to “calm the spirit,” keeping the person grounded and relaxed. It is thought that Seditol is effective because it may bind to receptors that

promote relaxation and sleep. Jujube seed brings these calming properties to the Seditol formula blend and contributes to its ability to calm the mind and support normal sleep patterns, helping you achieve the rest your body needs.\*

Source Naturals suggests that their customers take responsibility for their health through education, healthy diet and lifestyle recommendations and through utilizing high-quality, scientifically researched supplements. Source Naturals believes that the natural foods industry is the best outlet for the expression of our values and for supporting the consumers’ right to make informed choices about their own health.\*

### Educational Resources:

LaValle, J., Pelletier, M., LaValle, L., Barrett, M., Koetter, U., & Dolnick, D. (n.d.). A proprietary blend of Magnolia and Ziziphus extracts assists with sleep; an open-label assessment.

Mignot, M., Taheri, S., & Nishino, S (2002). Sleeping with the hypothalamus: Emerging therapeutic targets for sleep disorders. *Nature Neuroscience Supplement*, 5, 1071-1075.

Chen J, Chen T. *Chinese Medical Herboloby & Pharmacology*. Art of Medicine Press, City of Industry, CA. 2004.



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