

Seditol® Plus
Herbal Blend for Healthy Sleep Support†

DESCRIPTION

Seditol® Plus, provided by Douglas Laboratories®, is a proprietary blend of *Magnolia officinalis* and *Ziziphus spinosa*, as well as a comprehensive herbal blend, specifically designed to promote healthy sleep and support the body’s normal nocturnal rhythms during stress.†

FUNCTIONS

For many people, 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 adults 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 body composition, cardiovascular fitness, mental alertness, immune health and other important indicators of optimal health and well-being.†

Seditol® Plus is 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 addition to Seditol®, chamomile, passion flower and lemon balm 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 supplement to support normal sleep patterns and help reduce stress-induced sleeplessness.†

FORMULA (#202304)

1 vegetarian capsule contains:

Seditol®365 mg

(a proprietary blend of a patented extract from *Magnolia officinalis* [bark] and a proprietary extract from *Ziziphus spinosa* [seed])

Proprietary Blend.....60 mg

Chamomile powder (*Matricaria chamomilla*, flower),
 Passion flower extract, Lemon Balm extract (*Melisa officinalis* L., leaf).

Other ingredients: Hydroxypropyl methylcellulose, cellulose, vegetable stearate and silica.

Seditol® is a registered trademark of InterHealth, N.I.

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.

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SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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For more information on Seditol® Plus visit douglaslabs.com

† 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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