



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



Seditol®

What Is It?

Seditol®, is a natural blend of patented *Magnolia officinalis* extract and a proprietary extract of *Ziziphus jujuba*. Both extracts have been used traditionally in China for centuries. *

Uses For Seditol®

Promotes Restful Sleep and Relaxation: Studies have revealed that magnolia bark extract and jujube seed extract help moderate central nervous system activity, promoting muscle and overall relaxation as well as supporting optimal sleeping time. Research has indicated that magnolia extract has a calming effect and helps reduce occasional tension in part by binding to adenosine and GABA receptors. In addition, animal studies suggest that magnolia extract may promote positive mood and calm occasional physical and emotional stress. A study involving 50 individuals indicated that Seditol encouraged sleep and relaxation. Another study involving 45 people revealed similar results and also reported support for daytime energy levels. Moreover, Seditol has the potential to provide weight management support, based on recent research suggesting that reduced amounts of sleep are associated with increased weight. Additionally, a randomized crossover clinical trial found that unrestful sleep was associated with increased hunger and decreased levels of the satiety hormone leptin.*

What Is The Source?

SEDITOL® is a registered trademark of NPI, LLC. U.S. Patent No. 6,814,987. U.S. and International Patents pending. Seditol® is a proprietary blend of a patented extract from *Magnolia officinalis* (bark) and a proprietary extract from *Ziziphus jujuba* (seed). Maltodextrin is derived from corn. Microcrystalline cellulose is derived from pine cellulose. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends 1 capsule one hour before bedtime for a minimum of 10 days.

Are There Any Potential Side Effects Or Precautions?

Do not take if pregnant or lactating. Keep out of the reach of children.

Are There Any Potential Drug Interactions?

Do not take if currently taking any prescription medication or receiving medical treatment without consulting your physician.

Seditol®

each vegetable capsule contains



Seditol®365 mg.
a proprietary blend of a patented extract from *Magnolia officinalis* (bark)
and a proprietary extract from *Ziziphus jujuba* (seed)
vitamin C (as ascorbyl palmitate).....5 mg.
other ingredients: maltodextrin, microcrystalline cellulose, silica

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.

1 capsule one hour before bedtime, for a minimum of 10 days.

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

For educational purposes only. Consult your physician for any health problems.