



Peaceful Sleep™ Seditol™

Nature's Harmony® Peaceful Sleep™ Seditol™ is a potent blend of two herbal extracts in a new ingredient for sleeplessness and stress-related sleep problems. Seditol™ can induce drowsiness and promote feelings of relaxation without the concern of being habit forming.

PRODUCT CODE: 400131

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Traditionally used (in Western herbalism) as a sleep aid and to relieve nervousness (calmative/sedative).	Capsule	<i>For relief of nervousness and as a sleep aid:</i> Take 1 capsule daily. <i>To promote sleep:</i> Take 1 capsule thirty minutes to one hour before bedtime.

DESCRIPTION:

Seditol™ is an all-natural ingredient patented blend of magnolia (*Magnolia officinalis*) bark and jujube (*Ziziphus spinosa*) seed, two potent herbal extracts known to exert a beneficial effect on central nervous system function. Seditol™ was developed to address night-time excessive physical and emotional stimulation caused by an overactive central nervous system, while providing a feeling of relaxation and less worry. Seditol™ promotes better sleep and does not cause a hangover-like effect the next day.

Recommended Daily Allowance: N/A

Food Sources: None.

Causes of Deficiency: Stress, overactive central nervous system, elevated stress hormones.

Symptoms of Deficiency: Insomnia, sleeping problems.

Complementary Nutrients: Calcium and magnesium.

HOW IT WORKS:

By binding to several important targets in the central nervous system associated with drowsiness, the all-natural ingredients in Seditol™ may induce drowsiness and decrease levels of stress hormones ACTH and cortisol. *Ziziphus spinosa* is a plant used in traditional Chinese medicine as a sleep aid to prolong sleeping time. Past studies of *Magnolia officinalis* have clearly demonstrated its antistress and muscle relaxant properties. The unique combination of an extract to lower stress and induce relaxation plus an extract for mild sedation has resulted in this safe and effective natural ingredient for occasional sleeplessness.



DID YOU KNOW...

In a 45-person research study by Next Pharmaceuticals, 91% of participants reported that Seditol™ helped ensure a good night's sleep, while 89% said that it left them feeling refreshed the following morning.

Peaceful Sleep™ Seditol™

RESEARCH:

Next Pharmaceuticals, the manufacturer of the branded ingredient Seditol™, has conducted extensive clinical trials to confirm its safety and efficacy.

SIDE EFFECTS:

Nature's Harmony® Seditol™ has no known toxicity or serious side effects. Do not exceed recommended dose.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner prior to use if pregnant or breastfeeding, or if sleeplessness persists continuously for more than three weeks (chronic insomnia) or worsens. Consumption with alcohol, drugs or natural health products with sedative properties is not recommended. Exercise caution if operating heavy machinery or driving a motor vehicle within two hours of consumption.

OTHER CONSIDERATIONS:

Nature's Harmony® Peaceful Sleep™ Seditol™ may be used nightly.

LABEL:

Natures Harmony®

Sommeil de Rêve™
Seditol® avec valériane
Extraits de plantes naturelles

Aide à favoriser le sommeil

30 capsules

Usage recommandé : Utilisée traditionnellement (en herboristerie occidentale) pour aider à dormir et pour soulager la nervosité (calmant/sédatif).

Dose recommandée (adultes) : Pour soulager la nervosité et comme aide au sommeil: prendre 1 capsule par jour. Pour favoriser le sommeil: prendre 1 capsule 30 à 60 minutes avant le coucher.

Ingédients médicinaux : Chaque capsule contient : Seditol® 365 mg (un mélange exclusif d'un extrait breveté* de Magnolia officinalis et d'un extrait exclusif de Ziziphus jaysii)

Extrait de racine de valériane (Valeriana officinalis L.) à 10:1 (équivalent à 1000 mg de plante fraîche) 100 mg

Ingédients non médicinaux : dioxyde de silicium, maltoextrême, cellulose, stéarate de magnésium, gélatine.

Information sur les risques : Consulter un praticien de soins de santé avant d'en faire l'usage si vous êtes enceinte ou si vous allaitez, ou si l'insomnie persiste au-delà de 3 semaines (insomnie chronique) ou s'aggrave. La consommation en combinaison avec des breuvages alcoolisés, ou tout autre médicament ou produit de santé naturel ayant des effets sédatifs est déconseillée. Faire preuve de prudence si vous conduisez de la machinerie lourde ou tout autre véhicule motorisé dans les deux heures suivant la prise du produit.

Ce produit ne contient pas d'ingrédient laitier, œuf, gluten, crustacés, soja, sésame ou colorants, arômes ou agents de conservation artificiels.

RAVAGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.

* U.S. Patent No. US 6,814,987

Natures Harmony®

Peaceful Sleep™
Seditol® with Valerian
Natural Plant Extracts

Helps to Promote Sleep

30 Capsules

Recommended Use: Traditionally used (in Western herbalism) as a sleep aid and to relieve nervousness (calmative/sedative).

Recommended Dose (Adults): For relief of nervousness and as a sleep aid: Take 1 capsule daily. To promote sleep: Take 1 capsule thirty minutes to one hour before bedtime.

Medicinal Ingredients: Each capsule contains: Seditol® 365 mg (a proprietary blend of a patented* extract from Magnolia officinalis and a proprietary extract Ziziphus jaysii)

Valerian (Valeriana officinalis L.) root 10:1 extract (equivalent to 1000 mg raw herb) 100 mg

Non-medical Ingredients: Silicon dioxide, maltodextrin, cellulose, magnesium stearate, gelatin.

Risk Information: Consult a health care practitioner prior to use if pregnant or breastfeeding, or if sleeplessness persists continuously for more than three weeks (chronic insomnia) or worsens. Consumption with alcohol, drugs or natural health products with sedative properties is not recommended. Exercise caution if operating heavy machinery or driving a motor vehicle within two hours of consumption.

This product does not contain dairy, egg, gluten, shellfish, soy, sulfites or artificial colours, flavours or preservatives.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

* U.S. Patent No. US 6,814,987

Actual Size
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN, NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.
www.natures-harmony.com 1-877-569-2545

SentOpta Inc. / SentOpta Inc. / Commerce Crescent / Commerce Crescent / 4400, 9th St. / 4400, 9th St.

A Proud Canadian Company
Une compagnie canadienne fière de l'être.

Seditol® is a registered trademark of / est une marque déposée de NPL, LLC.

400131-01-02

F.P.O. - 80%
UPPER CAPSULE TO BE OPENED BY HAND

0 00000 00000 0