

SLEEP SUPPORT™



CLINICAL APPLICATIONS

- Occasional Sleeplessness Due To Stress and/or Anxiety
- Normalizing Nighttime Stress Hormone Levels
- Muscle Relaxation
- Weight Management¹

Sleep Support™ is a non-addictive, all-natural blend of a patented extract from Magnolia officinalis (U.S. Patent No.: 6,814,987) and a proprietary extract of Ziziphus spinosa. The ingredients relax tense muscles and calm an overactive central nervous system by normalizing nighttime stress hormone levels.

All 3rd Opinion Inc® Formulas Meet or Exceed cGMP quality Standards

DISCUSSION

Two open studies with Sleep Support™ have been completed by an independent research firm in NY.² In the first study, the 23 subjects who took the supplement as directed (at least seven capsules during the two-week period) reported the following results:

- 83% said Sleep Support™ helps insure a sound night's sleep
- 87% said Sleep Support™ helps you relax
- 87% said Sleep Support™ reduces fatigue due to lack of sleep
- 87% said Sleep Support™ allows you to wake up feeling refreshed

In a second study completed in March, 2005, 45 adults who were prescreened for frequency of sleeplessness in the past 2 months took 1 Sleep Support™ capsule at bedtime at least seven nights during a two-week period. Below are the results of their responses.³

- 91% said Sleep Support™ helps insure a sound night's sleep
- 89% said Sleep Support™ allows you to wake up feeling refreshed
- 91% said Sleep Support™ reduces fatigue due to lack of sleep
- 96% said Sleep Support™ is gentle on your stomach
- 87% said Sleep Support™ has fewer side effects than other sleep aids
- 84% said Sleep Support™ gives you more energy during the day

Eighty-two percent (82%) rated the product as "effective" in helping them fall asleep and eighty-seven percent (87%) of the subjects reported that they fell asleep quickly.

Magnolia officinalis (Magnolia bark), known as houpu or hou po in Traditional Chinese Medicine, has been used for thousands of years to treat "stagnation of qi", or low energy, anxiety, nervous disturbances and other maladies.⁴ It has also been popular in Japanese Kampo medicine for hundreds of years for a wide variety of clinical disorders.⁴

Magnolia bark is rich in a biphenol compound called honokiol and its isomer, magnolol. Honokiol and magnolol were identified as the anxiolytic (anxiety-reducing) agents in extracts of a Kampo medicine called Saiboku-tu.⁵ After seven days of administration even at low doses the stress-reducing effect of honokiol was equivalent to that of diazepam and had lower risk for the side effects of the drug.⁶

Studies have identified the various mechanisms of action of magnolia bark extract and confirmed the effect upon the central nervous system and muscle relaxant effects. Animal studies demonstrated that one of its ingredients binds to adenosine A(1) and GABA(A) receptors associated with drowsiness.⁷





Nine other beneficial pharmacological effects of honokiol cited from other studies include: antioxidant, antiplatelet aggregation, antibacterial, antifungal, inhibition of cancer cell growth, anti-allergic and anti-inflammatory. However, Sleep Support™ was not designed with these actions in mind and no claims are made.

Ziziphus spinosa is a traditional plant used as a sedative in traditional Chinese medicine for more than 2000 years. Both the leaves and seeds of the plant inhibit central nervous system function, while the fruits may prolong sleep when combined with a sleep aid.⁸ Sansohnin, the main component of Sansohnin-to, a traditional Chinese combination for sleeplessness is prepared from the seeds of Ziziphus spinosa.

Supplement Facts		
Serving Size: 1 Capsule		
Servings Per Container: 60		
	Amount Per Serving	%Daily Value
Sedalin	365 mg	**
(A blend of a patented† extract of magnolia officinalis and a proprietary extract of ziziphus spinosa)		
** Daily Value not established.		

Other Ingredients: Cellulose, Magnesium Stearate.

DOSING:

Take 1 capsule nightly for minimum of two weeks. Many people achieve the desired effect the first night; however others need the full two weeks to normalize stress hormones. Some people need two capsules; others find this many causes vivid dreams.

REFERENCES

1. Vorona RD, Winn MO, Babineau MD, 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; 165: 25-30
2. TRG Study#82-04133, Target Research Group, Inc. Nanuet, NY, August, 2004
3. TRG Study#82-05013, Target Research Group, Inc. Nanuet, NY, March, 2005
4. Hosoya E, Yamamura Y, eds. Recent advances in pharmacology of Kampo (Japanese Herbal) Medicines: International Congress Series 85. Amsterdam, 1998 [Maruyama, Y, Kuribara H. Overview of the pharmacological features of Honokiol. CNS Drug Reviews, 2000, 6(1) 35-44]
5. Maruyama, Y, Kuribara H. Overview of the pharmacological features of Honokiol. CNS Drug Reviews, 2000, 6(1) 35-44
6. Kuribara H, Stavinoha WB, Maruyama Y. Behavioral pharmacological characteristics of honokiol, an anxiolytic agent present in extracts of magnolia bark, evaluated plus-maze test in mice. J Pharm Pharmacol 1998;50:819-826. [Maruyama, Y, Kuribara H. Overview of the pharmacological features of Honokiol. CNS Drug Reviews, 2000, 6(1) 35-44]
7. Squires R F, Ai J, Wit MR, Kahnberg P, Saederup E, Sterner O, Nielsen M. Honokiol and magnolol increase the number of [3H]Muscimol Binding sites three-fold in rat forebrain membranes in vitro using a filtration assay, by allosterically increasing the affinities of low affinity sites. Neurochemical Research 24(12), 1999: 1593-1602
8. Wu SX, Zhang JX, Xu T, Li LF, Zhao SY, Lan MY. [Effects of seeds, leaves and fruits of Ziziphus spinosa and jujuboside A on central nervous system function] Zhongguo Zhong Yao Za Zhi. 1993 Nov; 18(11):685-7, 703-4 [PMID: 8003232]

CONTRAINDICATIONS

Sleep Support™ is not intended to treat insomnia, a disease requiring medical attention. It is not recommended during pregnancy or lactation and should not be taken without consulting a physician if currently on any medication or medical treatment. Sleep Support™ is not intended for children.

*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.

