

SEDAR

FORMULA
for the Promotion of Sleep

it promotes relaxation and sleep



Dietary Supplement

60 tablets of 600 mg



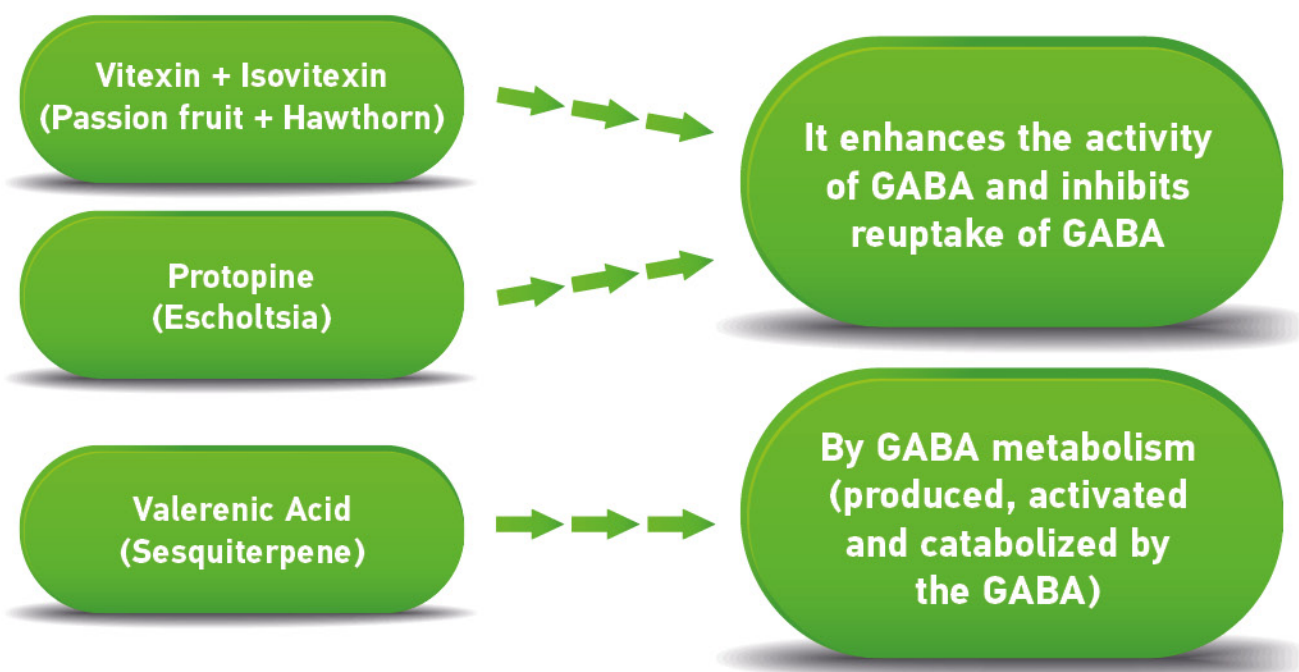
Sedar is a dietary supplement that promotes relaxation and sleep

The following neurotransmitters are responsible for sleep:

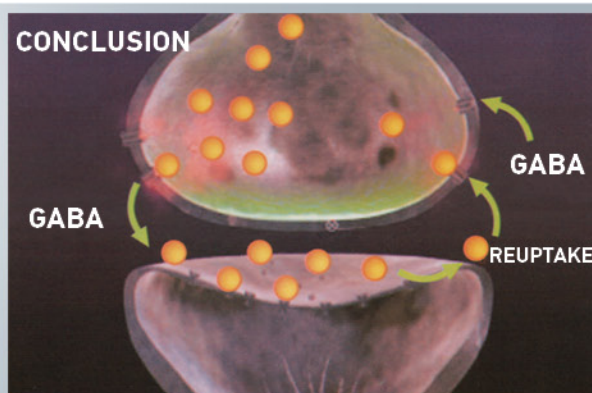
- **GABA** - (gamma-Aminobutyric acid) - Inhibitor
- **SEROTONIN** - (5-hydroxytryptamine) - Inhibitor
- **MELATONIN** - Normal sleep

INHIBITORY ACTIVITY OF GABAergic NEURONS

Components and actions:



- It contains **ISOVITEXIN** (Pasiflora and Biancospino) - **PROTOPINE** (Escolzia) - **PAPAVERRUBINA** (Papavero rosso and Rosolaccio) ingredients that prolong GABA action (gamma-aminobutyric acid = neurotransmitter that is associated with the cycle of sleep and exists normally in the brain) through reuptake inhibition.



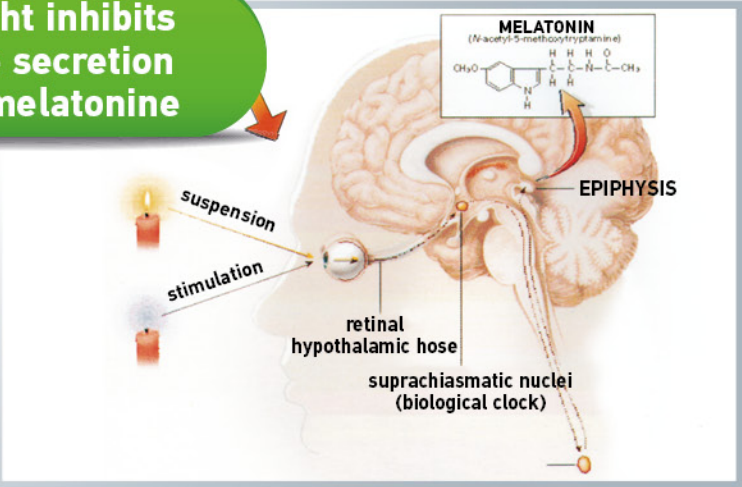
- It contains **L-TRYPTOPHAN**, an important amino acid that is converted into **SEROTONIN** in the brain (a neurotransmitter with normal function throughout the cycle of sleep) and then it is metabolized into **MELATONIN**.

BIOSYNTHESIS

- **L-TRYPTOPHAN (SEDAR)**
- ↓
- **5-HYDROXYTRYPTOPHAN**
- ↓
- **5-HYDROXYTRYPTAMINE**
- ↓
- **N-ACETYL SEROTONIN**
- ↓
- **MELATONIN**

■ The Melatonin contained in **SEDAR**, as well as the melatonin generated from **L-TRYPTOPHAN**, promotes relaxation and sleep.

Light inhibits the secretion of melatonin



COMPOSITION IN ACTIVE INGREDIENTS	Per daily dose (1 tab)
Passiflora incarnata L. plant with flowers dry extract std. to 3,5% vitexin	100 mg
Valeriana officinalis L. root dry extract std. to 0,42% valerenic acids	100 mg
Crataegus oxyacantha L. flowers and leaves dry extract std. to 1% vitexin	100 mg
Papaver rhoeas L. petals dry extract E/D=1/4	50 mg
Eschscholzia californica std. to 0,35% protopin	50 mg
L-tryptophan	20 mg
Melatonin	1 mg

IT IS RECOMMENDED

● for relaxation and sleep.

DOSAGE

● Take 1 tablet a day, 30 min. before sleep

PRECAUTIONS • The product should not be taken in the following cases: Hypersensitivity to any of the ingredients. Ask your doctor or your pharmacist if you have cancer, depression or epilepsy. Do not use this product if you have kidney disease, liver disease, eosinophilia. • Do not exceed the recommended daily dose. • Dietary supplements should not be used as a substitute of a balanced diet. • Keep away from young children. • This product is not intended for the prevention, cure or treatment of a human disease. • Consult with your doctor if you are pregnant, breast-feeding, taking pharmaceutical treatment or having health problems.

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