

MyoSedate



Introducing a New Natural Muscle Relaxant Product From Designs for Health

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- Helps maintain relaxed muscles even under stressful situations
- Provides a natural sedative effect without causing drowsiness
- May shorten muscle recovery from sports injuries and trauma
- Reduces acute and chronic muscle spasm, including myofascial trigger points
- Also serves as a sleep aid and general relaxant without causing sleep hangover
- Reduces generalized anxiety symptoms
- May increase pain tolerance in chronic pain syndromes

MyoSedate is designed to help maintain calm and relaxed muscles even during times of stress. A blend of quality herbs and minerals has been combined in order to promote relaxation and provide a natural alternative for the management of acute and chronic muscle spasm. MyoSedate will not cause the drowsiness common with the use of pharmaceutical muscle relaxants in the vast majority of patients. MyoSedate can also serve as a generalized anti-anxiety formula and can promote better quality sleep without inducing sleep hangover.

MyoSedate contains valerian root (*Valeriana officinalis*), passion flower (*Passiflora incarnata*), lemon balm (*Melissa officinalis*), and skullcap (*Scutellaria laterifolia*), all safe nervine botanicals known for their relaxant properties. Valerian root (*Valeriana officinalis*) has demonstrated sedative effects due to its ability to induce the release of GABA from brain tissue. It has been suggested that the Passion flower (*Passiflora incarnata*) constituent apigenin binds to central benzodiazepines receptors, possibly causing anxiolytic effects without impairing memory, diminished motor skills or drowsiness. Lemon balm (*Melissa officinalis*) has been suggested to improve calmness via the inhibitory action of GABA, similar to benzodiazepines, but without the overt side-effects of these medications. The inclusion of Albion chelated minerals involved in muscular contraction and relaxation responses provides further comprehensive support for muscle spasm and myofascial trigger points.

Uses for Myosedate

- Acute Muscle Spasm
- Chronic Muscle Spasm
- Insomnia
- Anxiety
- Sports Injuries
- Myofascial Pain Syndrome (Trigger Points)
- Stress Induced Muscle Tightness

Suggested Dosage

Take 3 capsules, two times daily, with meals for chronic conditions, 3 capsules every 4-6 hours for acute conditions, or as directed by your health care practitioner.

Supplement Facts

Serving Size 3 capsules

Servings Per Container 40

Amount Per Serving		% Daily Value
Calcium (as Di-Calcium Malate)	75 mg	7.5%
Magnesium (as Di-Magnesium Malate)	150 mg	37.5%
Valerian Root (<i>Valeriana officinalis</i>)(root)	100 mg	*
[standardized to contain 0.8% valerenic acid]		
Passion Flower (<i>Passiflora incarnata</i>)	100 mg	*
[aerial][standardized to contain 3.5% flavonoids]		
Lemon Balm (<i>Melissa officinalis</i>)	75 mg	*
[standardized to contain 5% rosmarinic acid]		
Skullcap (<i>Scutellaria lateriflora</i>)	25 mg	*

*Daily Value not established.

Other Ingredients: Rice flour, magnesium stearate (kosher).

Passion Flower (*Passiflora incarnata* L.)--a reliable herbal sedative

Wien Med Wochenschr. 2002;152(15-16):404-6. Krenn L.

Extracts and fluid extracts from the aerial parts from *Passiflora incarnata* L. are widely used as components of herbal sedatives. Many pharmacological investigations confirm the sedative effects of *Passiflorae herba*. From some of the studies also anxiolytic effects can be deduced. As Passionflower is mainly used in combinations, clinical studies of the single drug are not available. Based on pharmacological data, the experiences of traditional use and the use in combinations *Passiflora* extracts are an important factor in the phytotherapy of tenseness, restlessness and irritability with difficulty in falling asleep.

An investigation into the efficacy of *Scutellaria lateriflora* in healthy volunteers.

Altern Ther Health Med. 2003 Mar-Apr;9(2):74-8. Wolfson P, Hoffmann DL.

Scutellaria lateriflora is an herbal medicine with long-standing traditional use as a relaxing nervine. There has been controversy in the literature with regards to its efficacy, and this study was designed to clarify its effectiveness in reducing anxiety, one of the phytotherapeutic indications. A double blind, placebo-controlled study of healthy subjects demonstrated noteworthy anxiolytic effects. The use of phytochemicals for the treatment of anxiety is reviewed, as is the published literature on *S. lateriflora* and its putative toxicity.

Phytochemical and biological analysis of skullcap (*Scutellaria lateriflora* L.): a medicinal plant with anxiolytic properties.

Phytotherapy. 2003 Nov;10(8):640-9. Awad R, Arnason JT, Trudeau V, Bergeron C, Budzinski JW, Foster BC, Merali Z.

The phytochemistry and biological activity of *Scutellaria lateriflora* L. (American skullcap) which has been traditionally used as a sedative and to treat various nervous disorders such as anxiety was studied. In vivo animal behaviour trials were performed to test anxiolytic effects in rats orally administered *S. laterifolia* extracts. Significant increases in the number of entries into the center of an "open-field arena"; number of unprotected head dips, number of entries and the length of time spent on the open arms of the Elevated Plus-Maze were found. The identification and quantification of the flavonoid, baicalin in a 50% EtOH extract (40 mg/g) and its aglycone baicalein in a 95% EtOH extract (33 mg/g), as well as the amino acids GABA in H₂O and EtOH extracts (approximately 1.6 mg/g) and glutamine in a H₂O extract (31 mg/g), was performed using HPLC. These compounds may play a role in anxiolytic activity since baicalin and baicalein are known to bind to the benzodiazepine site of the GABA receptor and since GABA is the main inhibitory neurotransmitter.

Clinical thinking and decision making in practice. A young woman with muscle cramps.

Ned Tijdschr Geneesk. 2001 Apr 28;145(17):818-21. Stevens M, Deinum J, Willems MH.

A 23-year-old woman with a history of episodic stiffening of the limbs since her early adolescence, reported attacks of muscle contraction accompanied by feelings of panic but without loss of consciousness. Epileptic seizures, e.g. progressive myoclonic epilepsy, metabolic encephalopathy, dystonia and tetany were suggested. During the examination, muscle contraction could be provoked whilst measuring the blood pressure. Tetany based on primary hypoparathyroidism was diagnosed from the medical history as well as the neurological examination. This was confirmed by laboratory tests. She was successfully treated with calcium and I-alpha-(OH)₂ vitamin D₃.

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