

A proprietary blend of *Magnolia* and *Ziziphus* extracts assists with sleep:

An open-label assessment

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The purpose of this study was to obtain a subjective evaluation of the tolerability and effectiveness of a combination of *M. officinalis* bark and *Z. spinosa* seed extracts (Seditol[®]) for individuals with sleep difficulties. This dietary supplement is standardized to a minimum of 2.7% honokiol and 0.1% spinosin. The design of the study was an open-label, uncontrolled, single-center, subjective survey conducted at the LaValle Metabolic Institute located in Cincinnati, OH. Subjects consisted of two hundred ninety five (295) volunteers with mild to moderate sleep difficulties. One capsule providing 365mg Seditol was taken one hour before bedtime for two weeks. A questionnaire was used by the participants to self-report tolerance and efficacy. None of the participants reported any significant adverse events. Of the 18 participants (6.4%) that had mild complaints, the most common concern (8 individuals) was of feeling groggy the next morning. Just over half of the participants (53.1%) received one bottle of Seditol and filled out one questionnaire. Just under half of the participants (46.9%) requested at least one additional bottle of Seditol and filled out more than one questionnaire (from 2 to 20; average 4.2 questionnaires). Of the individuals filling out just one questionnaire, the product was considered relaxing by 86.9%, assisting in a restful sleep by 82.8% and effective in reducing fatigue due to lack of sleep by 82.8%. The scores were higher for the group that returned more than one questionnaire, but the difference was not significant. Seditol was well tolerated and subjectively reported to assist individuals with mild to moderate sleep difficulties.