

# MyoSedate™

*Comprehensive support for healthy muscle relaxation\**

MyoSedate™ is a blend of calming herbs and minerals designed to support healthy muscle relaxation even during times of stress.\* It contains valerian root, passionflower, and skullcap, all safe botanicals known for their relaxant properties and ability to promote quality sleep without causing drowsiness.\* The addition of calcium and magnesium, minerals involved in muscle contraction and relaxation, provide further support for healthy muscle function. Thus, this formula helps support exercise recovery and produces a natural calming effect, both physically and mentally.\*

The body's skeletal and smooth muscle is comprised of soft tissue found in most mammals. They are responsible for posture, motion, function of internal organs such as the contraction of the heart and the passage of food through the digestive system. However, some muscles are susceptible to damage from exercise-related injuries, occasional stress, or poor posture. This discomfort, in turn, may impact quality of life. MyoSedate™ is specially formulated to support muscular health, support the body's natural pain response, and produce a mild natural relaxation effect.\*

Many of the ingredients in MyoSedate™ support the production of the amino acid gamma-aminobutyric acid (GABA). GABA is a calming neurotransmitter that promotes relaxation and deeper sleep, especially when dealing with muscular discomfort.\*

## Ingredient Highlights

- **Valerian Root** (*Valeriana officinalis*): an herb native to Asia and Europe known for promoting restful sleep. Its relaxing properties are due to its ability to stimulate the activity of GABA from within the nervous system.\*
- **Passion flower** (*Passiflora incarnata*): is derived from a perennial vine native to tropical America, Asia, and the Polynesian islands. It contains a substance that binds to receptors in the brain involved in relaxation\* and produces a calming effect without impairing memory or motor skills or causing drowsiness.\* It also supports the production of GABA.
- **Lemon balm** (*Melissa officinalis*): was traditionally used in Europe, the Mediterranean regions, and Middle Eastern countries due to its high concentration of bioflavonoids, including rosmarinic acid. Widely known for its ability to produce relaxation, this lemon-scented herb has a calming effect through its effects on the GABA's pathway in the body.\*
- **Skullcap** (*Scutellaria laterifolia*): derived from a perennial plant native to North America and used for centuries to maintain a calm state-of-mind. It contains compounds that bind to relaxation receptors in the brain that may enhance mood without reducing energy or cognitive function.\*
- **Calcium and Magnesium**: Calcium and magnesium support healthy muscle contraction and relaxation and help reduce fatigue.\* This product includes patented forms of these two minerals, uniquely designed for maximum absorption and bioavailability.

## Recommended Use

Take three capsules per day with meals, or as directed by your health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*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.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**