

MyoSedate™

*Supports Healthy Muscle Relaxation**



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MyoSedate™ is a blend of calming herbs and minerals designed to support healthy muscle relaxation.* It contains valerian root, passionflower, and skullcap, all nervine botanicals known for their relaxant properties and ability to promote quality sleep without causing drowsiness or sleep-hangover.¹ The addition of calcium and magnesium, minerals involved in muscle contraction and relaxation responses, provide further comprehensive support for healthy muscle relaxation.*

Highlights

Magnesium and Calcium

MyoSedate™ provides 150 mg of di-magnesium malate per serving, a highly bioavailable form of magnesium bound to malic acid. Magnesium is responsible for over 300 biochemical reactions in the body and is the second most abundant intracellular positively charged electrolyte; approximately 25 mg of magnesium is present in adults.² As a structural component of bone, a natural calcium channel blocker, muscle relaxant, facilitator of calming effects upon the nervous system, and a required element for electrolyte balance, magnesium plays a crucial role in supporting physical strength and mobility and muscle contraction.² A meta-analysis concluded that perioperative magnesium administration reduces postoperative pain and opioid consumption in surgical patients.³ According to the Cochrane Library, combination therapy with malic acid and magnesium improved pain symptoms in subjects with fibromyalgia when taken for a longer period of time.⁴ In a prospective observational study, magnesium supplementation successfully controlled spasms in patients with tetanus and was recommended as first-line therapy in tetanus management.⁵

Calcium as di-calcium malate is included in MyoSedate™ in order to help regulate muscle contraction, balancing the physiological effects of magnesium.* Calcium is the body's most abundant macromineral, 99% of which is housed in bone and teeth, while the remaining 1% in soft tissue (including muscle) and blood.⁶ A significant portion of the energy consumption by muscle is caused by the use of ATP by voltage-gated calcium channels within the sarcoplasmic reticulum of myocytes for striated muscle contraction. As people age (and in some myopathies), the force production of muscles is considerably reduced, which results in fatigue.^{7,8}

Valerian root (*Valeriana officinalis*) standardized to contain 0.8% valerenic acid

Valerian root has demonstrated sedative properties due to the synergistic effects of its chemical composition, including the upregulation of gamma-aminobutyric acid (GABA), as well as the activities of the volatile oil valerenic acid.⁹ Valerian root has been shown to be a safe sedative choice in subjects with mild to moderate insomnia, having improved subjective sleep experience when taken over the course of one to two weeks, without causing sleepiness upon (waking which can occur with common anti-anxiety medications).^{9,10}

MyoSedate may help*:

- Maintain proper muscle tone even under stressful situations
- Promote a normal response to pain and healthy muscle relaxation without causing drowsiness or loss of strength and performance
- Support restful sleep and a normal response to stress
- Support muscle and soft-tissue recovery from sports injuries and trauma
- Reduce acute and chronic muscle spasm, including myofascial trigger points

Supplement Facts

Serving Size 3 capsules

Servings Per Container 40

Amount Per Serving	% Daily Value	
Calcium (as DimaCal® Di-Calcium Malate)	75 mg	6%
Magnesium (as Di-Magnesium Malate)	150 mg	36%
Valerian (<i>Valeriana officinalis</i>)(root)	100 mg	*
[standardized to contain 0.8% valerenic acid]		
Passion Flower (<i>Passiflora incarnata</i>)(aerial parts)	100 mg	*
[standardized to contain 3.5% flavonoids]		
Lemon Balm (<i>Melissa officinalis</i>)(leaves)	75 mg	*
[standardized to contain 3% rosmarinic acid]		
Skullcap (<i>Scutellaria lateriflora</i>)(aerial parts)	25 mg	*

*Daily Value not established.

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate.

Passion Flower (*Passiflora incarnata*) standardized to contain 3.5% flavonoids

Native peoples of the Americas used passion flower extracts as a mild sedative; today it is commonly used for anxiety, sleep disturbances, and pain,¹¹ and has been shown to be important phytotherapy for tenseness, restlessness, and difficulty falling asleep.¹² Research shows that the passion flower flavonoid constituent, apigenin, binds to central benzodiazepines receptors, possibly causing anxiolytic effects without impairing memory or diminishing motor skills or drowsiness.¹³

Lemon Balm (*Melissa officinalis*) standardized to contain 3% rosmarinic acid

Traditionally, lemon balm (*Melissa officinalis*) was widely used in European countries, the Mediterranean region and Middle Eastern countries for a variety of conditions due to its volatile compounds, triterpenoids, phenolic acid, and flavonoid profile, including rosmarinic acid.¹⁴ A review of clinical trials revealed that *Melissa officinalis* exhibits anxiolytic and antispasmodic effects and may have potential benefits for anxiety and other central nervous system disorders.¹⁴ Lemon balm has the ability to improve calmness via the inhibitory action of GABA, similar to benzodiazepines, but without the overt side-effects of these medications.¹⁴

Skullcap (*Scutellaria lateriflora*) is another herb that has been used traditionally for stress and anxiety, and is currently used as an anxiolytic, sedative and antispasmodic.¹⁵ The many bioactive flavonoids, including *scutellarin* and *baicalin*, attribute to the plant's anticonvulsant, anxiolytic, and relaxant activity.¹⁵ *Scutellaria lateriflora* modulates the GABAA receptor by interacting with the benzodiazepine sites and has demonstrated noteworthy anxiolytic effects in an RCT of healthy human subjects.^{15,16} In another human double-blind, placebo-controlled study, *Scutellaria lateriflora* significantly enhanced mood without reducing cognitive function or energy.¹⁷

Recommended Use:

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

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/techsheet-references/myosedate-references.pdf>

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Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities. Individual monitoring, including liver function tests, may be appropriate.

*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.

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