

# SEDAZEPAM

**SEDAZEPAM** è un integratore alimentare formulato con ingredienti utili quando il loro apporto con la dieta è diminuito o assente.

- VALERIANA ed ESCOLZIA sono indicate per i disturbi del sonno conseguente a stress e per il rilassamento mentale.
- WITHANIA SOMNIFERA è indicata per rilassamento e benessere mentale e come tonico (stanchezza fisica, mentale).
- CROCUS (zafferano) indicato per il tono dell'umore.
- La VITAMINA B6 contribuisce alla normale funzione psicologica.
- MELATONINA contribuisce alla riduzione del tempo necessario per addormentarsi\* e ad alleviare gli effetti del jet lag\*\*. (\* l'effetto benefico si ottiene con l'assunzione poco prima di addormentarsi di 1 mg di melatonina.\*\* l'effetto benefico si ottiene con l'assunzione di 0.5 mg il primo giorno di viaggio e per alcuni giorni dopo l'arrivo a destinazione).
- Completano la formula di SEDAZEPAM, arricchendola e rendendola unica, il complesso molecolare del GABA, l'ADENOSINA, la GLICINA, il TRIPTOFANO.

## MODO D'USO

Si consiglia l'assunzione di 1 o 2 compresse al giorno, da deglutire con acqua 30/60 minuti prima di coricarsi.

## CONSERVAZIONE

Conservare in luogo fresco ed asciutto (<25°) al riparo dalla luce solare e da fonti di calore diretto. Non disperdere il contenitore nell'ambiente. Il termine minimo di conservazione si riferisce al prodotto in confezione integra e correttamente conservato.

## AVVERTENZE GENERALI

Gli integratori alimentari non vanno intesi come sostituti di una dieta variata, equilibrata ed uno stile di vita sano. Tenere fuori dalla portata dei bambini sino all'età di 12 anni.

## AVVERTENZE SPECIFICHE

È sconsigliato l'uso del prodotto nelle seguenti condizioni: nelle 2 settimane prima di un intervento chirurgico programmato e nelle donne in gravidanza o allattamento. I pazienti che assumono farmaci dovrebbero preventivamente sentire il parere del medico. Non assumere il prodotto con bevande alcoliche, prima di guidare un mezzo di locomozione o se prossimi all'utilizzo di macchinari pericolosi. Non superare la dose giornaliera consigliata.

**SEDAZEPAM** is a food supplement formulated with ingredients useful when their dietary intake is reduced or absent.

- VALERIAN and ESCOLTIA are indicated for sleep disturbances resulting from stress and for mental relaxation.
- WITHANIA SOMNIFERA is indicated for relaxation and well-being mental and as a tonic (physical, mental fatigue).
- CROCUS (saffron) indicated for mood.
- VITAMIN B6 contributes to normal psychological function.
- MELATONIN contributes to the reduction of the necessary time to fall asleep\* and to alleviate the effects of jet lag\*\*. (\*\*the beneficial effect is obtained by taking 1 mg of melatonin just before falling asleep.\*\*the beneficial effect is obtained by taking 0.5 mg on the first day of travel and for a few days after arrival at destination).
- The molecular complex of GABA, ADENOSINE, GLYCINE, and TRYPTOPHAN complete the formula of SEDAZEPAM, enriching it and making it unique.

## HOW TO USE

It is recommended to take 1 or 2 tablets daily, to be swallowed with water 30/60 minutes before to go to bed.

## STORAGE

Store in a cool, dry place (<25°) away from light solar and direct heat sources. Do not waste the container in the environment. The minimum conservation term refers to the product in unopened package and correctly stored.

## GENERAL WARNINGS

Food supplements are not intended as a substitute for one varied, balanced diet and a healthy lifestyle. Keep out of the reach of children up to the age of 12.

## SPECIFIC WARNINGS

The use of the product in the following conditions is not recommended: in the 2 weeks before a scheduled surgery and in pregnant or breastfeeding women. Patients taking medicines should first seek the opinion of the doctor.

Do not take the product with alcoholic beverages, before driving a means of locomotion or if close to using machinery dangerous. Do not exceed the indicated daily dose.

# SEDAZEPAM

## BIBLIOGRAFIA / BIBLIOGRAPHY

- VALERIAN** - Stephen Bent, Amy Padua, Dan Moore, Michael Patterson, Wolf Mehling  
Valerian for sleep: a systematic review and meta-analysis  
Am J Med. 2006 Dec;119(12):1005-12. doi: 10.1016/j.amjmed.2006.02.026.
- Maria Isabel Fernández-San-Martín, Roser Masa-Font, Laura Palacios-Soler, Pilar Sancho-Gómez, Cristina Calbó-Caldentey, Gemma Flores-Mateo  
**Effectiveness of Valerian on insomnia: a meta-analysis of randomized placebo-controlled trials**  
Sleep Med. 2010 Jun;11(6):505-11. doi: 10.1016/j.sleep.2009.12.009. Epub 2010 Mar 26.
- Noriko Shinyo, Guy Waddell, Julia Green  
**Valerian Root in Treating Sleep Problems and Associated Disorders: A Systematic Review and Meta-Analysis**  
J Evid Based Integr Med. 2020 Jan-Dec;25:2515690X20067323. doi: 10.1177/2515690X20067323.
- ESCHSCHOLZIA** - A Rolland, J Fleurentin, M C Lanhers, C Younos, R Missin, F Mortier, J M Pelt  
**Behavioural effects of the American traditional plant Eschscholzia californica: sedative and anxiolytic properties**  
Planta Med. 1991 Jun;57(3):212-6. doi: 10.1055/s-2006-960076.
- A Rolland, J Fleurentin, M C Lanhers, R Missin, F Mortier  
**Neurophysiological effects of an extract of Eschscholzia californica Cham. (Papaveraceae)**  
Phytother Res. 2001 Aug;15(5):377-81. doi: 10.1002/ptr.884.
- Samira Alt Abdellah, Aurélie Berlin, Claude Blondeau, Isabelle Guinobert, Angèle Guilbot, Marc Beck, François Dufresne  
**A combination of Eschscholzia californica Cham. and Valeriana officinalis L. extracts for adjustment insomnia: A prospective observational study**  
J Tradit Complement Med. 2019 Mar 1;10(2):116-123. doi: 10.1016/j.jtcm.2019.02.003. eCollection 2020 Mar.
- WITHANIA SOMNIFERA** - Narendra Singh, Mohit Bhalia, Prashanti de Jager, Marlena Gilca  
**An Overview on Ashwagandha: A Rasayana (Rejuvenator) of Ayurveda**  
Af J Tradit Complement Altern Med. 2011;8(5 Suppl):208-13. doi: 10.4314/ajtcam.v8i5S.9. Epub 2011 Jul 3.
- Alex B Speers, Kadine A Cabey, Amala Soumyanathi, Kirsten M Wright  
**Effects of Withania somnifera (Ashwagandha) on Stress and the Stress-Related Neuropsychiatric Disorders Anxiety, Depression, and Insomnia**  
Curr Neuropharmacol. 2021;19(9):1468-1495. doi: 10.2174/1570159X19666210712151556.
- Camellia Akhgarjand, Farzaneh Asoudeh, Amir Bagheri, Zahra Kalantar, Zahra Vahabi, Sakineh Shah-Bidar, Hamid Rezvani, Kurosh Djafarian  
**Does Ashwagandha supplementation have a beneficial effect on the management of anxiety and stress? A systematic review and meta-analysis of randomized controlled trials**  
Phytother Res. 2022 Nov;36(11):4115-4124. doi: 10.1002/ptr.7598. Epub 2022 Aug 25.
- CROCUS** - Heather Anni Hausenblas, Debbie Saha, Pamela Jean Dubyak, Stephen Douglas Anton  
**Saffron (Crocus sativus L.) and major depressive disorder: a meta-analysis of randomized clinical trials**  
J Integr Med. 2013 Nov;11(6):377-83. doi: 10.3736/jintegrmed2013056.
- Mohammad Reza Khazdair, Mohammad Hossein Boskabady, Mahmood Hosseini, Ramin Rezaee, Aristidis M. Tsatsakis  
**The effects of Crocus sativus (saffron) and its constituents on nervous system: A review**  
Avicenna J Phytomed. 2015 Sep-Oct; 5(5): 376-391.
- L. Kashani, S Eslamanesh, N Saeedi, N Niroomand, M Ebrahimi, M Hosseini, T Foroughfar, S Salimi, S Akhondzadeh  
**Comparison of Saffron versus Fluoxetine in Treatment of Mild to Moderate Postpartum Depression: A Double-Blind, Randomized Clinical Trial**  
Pharmacopsychiatry. 2017 Mar;50(2):64-68. doi: 10.1055/s-0042-115306. Epub 2016 Sep 5.
- MELATONIN** - Francisco Tortorolo, Florencia Farren, Gabriel Rada  
**Is melatonin useful for jet lag?**  
Medwave. 2015 Dec 21;15 Suppl3:e6343. doi: 10.5867/medwave.2015.6343.
- Gholami Fatemeh, Moradi Sajjad, Asaei Niloufar, Soveid Neda, Setayesh Leila, Mirzaei Khadijeh  
**Effect of melatonin supplementation on sleep quality: a systematic review and meta-analysis of randomized controlled trials**  
J Neurol. 2022 Jan;269(1):205-216. doi: 10.1007/s00415-020-10381-w. Epub 2021 Jan 8.
- Zoe Menceal Schrire, Craig L Phillips, Julia L Chapman, Shantel L Duffy, Grace Wong, Angela L D'Roario, Maria Comas, Isabelle Raisin, Bandana Saini, Christopher J Gordon, Andrew C McKinnon, Sharon L Nat-Smith, Nageh S Marshall, Ronald R Grunstein, Camilla M Hoyos  
**Safety of high dosages of melatonin in adults: A systematic review and meta-analysis**  
J Pineal Res. 2022 Mar;72(2):e12782. doi: 10.1111/jpi.12782. Epub 2021 Dec 30.
- PASSION FLOWER** - S Akhondzadeh, H R Naghavi, M Vazirian, A Shayeghanpour, H Rashidi, M Khani  
**Passion flower in the treatment of generalized anxiety: a pilot double-blind randomized controlled trial with oxazepam**  
J Clin Pharm Ther. 2001 Oct;24(5):363-7. doi: 10.1046/j.1365-2710.2001.00367.x.
- Mandana Nojomi, Padideh Ghaeli, Samrand Salimi, Ali Sharifi-Firoozeh Raisi  
**Effects of Passion Flower Extract, as an Add-On Treatment to Sertraline, on Reaction Time in Patients with Generalized Anxiety Disorder: A Double-Blind Placebo-Controlled Study**  
Iran J Psychiatry. 2016 Jul;11(3):191-197.
- Jeewon Lee, Han-Young Jung, Soyoung Irene Lee, Ji Ho Choi, Shin-Gyeom Kim  
**Effects of Passiflora incarnata Linnaeus on polysomno graphic sleep parameters in subjects with insomnia disorder: a double-blind randomized placebo-controlled study**  
Int Clin Psychopharmacol. 2020 Jan;35(1):29-35. doi: 10.1097/IC.0000000000000291.
- TRYPTOPHAN** - K Shaw, J Turner, C Del Mar  
**Tryptophan and 5-hydroxytryptophan for depression**  
Aust N Z J Psychiatry. 2002 Aug;36(4):488-91. doi: 10.1046/j.1440-1614.2002.01046.x.
- Glenda Lindseth, Brian Helland, Julie Caspers  
**The effects of dietary tryptophan on affective disorders**  
Arch Psychiatr Nurs. 2015 Apr;29(2):102-7. doi: 10.1016/j.apnu.2014.11.008. Epub 2014 Dec 9.
- Asako M Kikuchi, Aya Tanabe, Yoshihiro Wahori  
**A systematic review of the effect of L-tryptophan supplementation on mood and emotional functioning**  
J Diet Suppl. 2021;18(3):316-333. doi: 10.1080/19390211.2020.1746725. Epub 2020 Apr 10.

**Screen Pharma Srls**

Via dell'Artigianato, 16  
06089 - Torgiano - Perugia - Italia  
www.screenpharma.it