**Drug Facts**

**Active ingredients**
- Physoscyrum niger 3C HPUS
- Nux moschata 4C HPUS
- Passiflora incarnata 3X HPUS
- Stramonium 6X HPUS

**Purpose**
- Relieves restless sleep associated with nervousness (contains less than 10 mg alkaloids per dose)
- Relieves restless sleep
- Relieves sleeplessness associated with worries and exhaustion
- Relieves sleeplessness with intermittent awakening (contains less than 10 mg alkaloids per dose)

The letters HPUS indicate that this ingredient is officially included in the Homeopathic Pharmacopoeia of the United States.

**Uses**
- Temporarily relieves occasional sleeplessness and/or restless sleep

**Warnings**
-Ask a doctor before use in children under 12 years of age. Stop use and ask a doctor if symptoms persist continuously for more than 2 weeks or worsen. Insomnia may be a symptom of a serious underlying illness.
- If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children.

**Directions**
- Adults and children 12 years of age and older: Dissolve 2 tablets under the tongue 3 hours before bedtime.
- Children under 12 years of age: Ask a doctor.

**Other information**
- Do not use if glued carton and flaps are open or if the blister seal is broken.
- Do not store above 86°F (30°C).

**Inactive ingredients**
croscarmellose sodium, lactose, magnesium stearate

**Questions or comments?**
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Distributed by Boiron Inc.,
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Newtown Square, PA 19073-3267

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**Sleeplessness • Restless Sleep • Occasional Awakening**

Occasional sleep disorders include more than simple sleeplessness. They include disturbed sleep patterns caused by jet lag or night shifts; frequent awakenings; restless sleep followed by daytime drowsiness; and uneven sleep from worries. At some point we may all experience disruptions in our sleep patterns due to emotional issues.

Conventional sleep aids induce sleep by interfering with the physiological mechanisms of the central nervous system. The most common consequences are residual sedative effects in the morning. Alteration of alertness, balance and memory, the development of tolerance, as well as the possibility of dependence are also frequent.

Quietude® is used to relieve occasional sleeplessness, restless sleep and occasional awakening. It does not induce drowsiness, dependence or tolerance, and it is not expected to interact with other drugs or supplements.

Quietude allows the health care professional to offer a well-tolerated and simple solution to sleep-related disorders, reserving the use of sedative drugs for more acute cases.
### Medicines

<table>
<thead>
<tr>
<th>Medicine</th>
<th>How It Works</th>
<th>Advantages</th>
<th>Side Effects/Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quiétude</td>
<td>Non-habit forming; no grogginess, does not affect alertness, driving or operation of machinery; will not mask underlying medical conditions</td>
<td>None known</td>
<td></td>
</tr>
<tr>
<td>Antihistamines (diphenhydramine, doxylamine)</td>
<td>Sedative – central H1-receptor antagonist</td>
<td>Quick sedation</td>
<td>May induce drowsiness, anticholinergic effects and interactions; usually induces tolerance</td>
</tr>
<tr>
<td>Hypnotic Benzodiazepines</td>
<td>Hypnotic action – Gamma-aminobutyric acid (GABA) agonists</td>
<td>Quick and potent action</td>
<td>May induce drowsiness, affect memory and coordination; may induce dependence</td>
</tr>
<tr>
<td>Zolpidem</td>
<td>Short term hypnotic action - GABA agonist</td>
<td>Quick action, effective in inducing sleep</td>
<td>May induce dizziness, nausea and nervousness</td>
</tr>
<tr>
<td>Supplement</td>
<td>Melatonin</td>
<td>Used to relieve jet lag or other sleep pattern disturbances</td>
<td>Avoid in pregnant and nursing women; may induce daytime sleepiness</td>
</tr>
<tr>
<td>Herbs</td>
<td>Valerian officinalis</td>
<td>Well tolerated at regular dosage, quickly induces a feeling of calm and well-being</td>
<td>Possibly unsafe (hepatotoxicity); may induce daytime drowsiness, strong odor</td>
</tr>
</tbody>
</table>

### Pharmacology

Quiétude combines four homeopathic medicines manufactured according to the Homeopathic Pharmacopoeia of the United States and manufactured using the highest standards of production and quality control.

Indications for homeopathic medicines have been determined experimentally and verified by years of empirical use by thousands of physicians. Insight of these traditional indications is gained throughout the years as advances are made in the fields of biochemistry and pharmacology. This table shows the relationships between the toxicoco-pharmacological properties of the strain (in red) and the general indications of its homeopathic dilutions (in blue).

<table>
<thead>
<tr>
<th>Strain</th>
<th>Homeopathic Medicine</th>
<th>Pharmacological Property</th>
<th>General Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black henbane (Solanaceae)</td>
<td>Hyoscyamus niger</td>
<td>Hyoscyamine, scopoline: Dizziness, hallucinations, dilated pupils</td>
<td>Relieves restlessness associated with nervousness</td>
</tr>
<tr>
<td>Nutmeg (Myristicaceae)</td>
<td>Myristica fragrans</td>
<td>Myristicin: excitation and confusion; hallucinations</td>
<td>Relieves restlessness</td>
</tr>
<tr>
<td>Hyoscyamus niger 3C</td>
<td>Nux moschata 4C</td>
<td>Nux vomica: Ataxia, vomiting, headache</td>
<td>Relieves restlessness</td>
</tr>
<tr>
<td>Passionflower (Asteraceae)</td>
<td>Passiflora incarnata</td>
<td>Passiflorine: Mild sedative action</td>
<td>Relieves restlessness associated with worry and exhaustion</td>
</tr>
<tr>
<td>Thorndike (Solanaceae)</td>
<td>Datura stramonium</td>
<td>Scopolamine, hyoscymine: Delirium, changes in behavior, photophobia, hyperthermia</td>
<td>Relieves restlessness with intermittent awakening</td>
</tr>
</tbody>
</table>

### Advantages

As a convenient and reliable first choice for restless sleep and sleeplessness, Quiétude has many advantages:

- No daytime drowsiness
- Non-habit forming
- No known interactions with other medications, herbs or supplements; can be used during benzodiazepine withdrawal periods
- Quick-dissolving tablets absorbed sublingually; no water needed
- Can be taken on an empty stomach

### References