Drug Facts

Active ingredients

Purpose

Aconitum napellus IC HPUS ................................................................. Relieves restlessness, agitation
Belladonna IC HPUS ........................................................................ Relieves hypersensitivity to stress
Cedronia officinalis IC HPUS ......................................................... Relieves nervous fatigue, hypersensitivity to noise
Coffea arabica major IC HPUS ....................................................... Relieves digestive symptoms caused by stress
Hyoscyamus HPUS ........................................................................ Relieves nervousness
Viburnum opulus IC HPUS ............................................................... Relieves nervousness and restless sleep

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

Uses

- Temporarily relieves nervousness, hypersensitivity, irritability and fatigue due to stress
- This medicine does not affect alertness

Warnings

Ask a doctor before use in children under 12 years of age. Do not use if symptoms persist continuously for more than 2 weeks or worsen. If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children.

Direction

- Adults and children 12 years of age and older: At the onset of symptoms, dissolve 2 tablets under the tongue 3 times a day until symptoms are relieved.
- Children under 12 years of age: Ask a doctor.

Other information

- Do not use if blister seal is broken or if the tablet is discolored
- Do not store above 86°F (30°C)

Inactive ingredients

crocus sativus, sodium, lactose, magnesium stearate

Questions or comments?

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Fatigue • Irritability • Nervousness • Hypersensitivity

According to the National Institute of Mental Health, stress is “the brain’s response to any demand.” When too intense or too frequent, stress induces nervousness, apprehension, digestive problems, palpitations, headaches, etc. This impairs our ability to effectively address the cause of our stress.

Sedalia relieves symptoms of stress without causing drowsiness, or physical or emotional dependence. It targets both physical symptoms and inner feelings such as irritability, feeling overwhelmed, fatigued, nervous and hypersensitive to additional stimuli.

Sedalia has no known drug interactions. It helps health care providers offer a simple solution for everyday stress or as a part of a palliative care stress management plan.
**Stress Relief**

<table>
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<th>Medicines</th>
<th>How It Works</th>
<th>Advantages</th>
<th>Side Effects/Disadvantages</th>
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<tr>
<td>Sedalia</td>
<td>Homeopathic symptom-specific action on stress-related symptoms such as fatigue, irritability, nervousness and hypersensitivity</td>
<td>Non-habit forming; does not affect alertness, driving or operation of machinery; will not mask underlying medical conditions</td>
<td>None known</td>
</tr>
<tr>
<td>Benzodiazepines</td>
<td>Anxiolytic, sedative, muscle relaxant, anti-convulsive – Gamma amino butyric acid (GABA) agonists</td>
<td>Quick and potent action</td>
<td>May induce drowsiness, affect memory; may induce dependence; inappropriate for mild anxiety</td>
</tr>
<tr>
<td>Buspirone</td>
<td>Anxiolytic action – serotonin 5-HT partial agonist</td>
<td>Less sedative and dependence inducing than benzodiazepines</td>
<td>May induce dizziness, nausea and nervousness</td>
</tr>
<tr>
<td>Melatonin</td>
<td>May interact with GABA neurons, among other possible mechanisms of action</td>
<td>Used for preoperative anxiety; likely safe when used for short-term episodes</td>
<td>Avoid in pregnant and nursing women</td>
</tr>
<tr>
<td>Kava Kava</td>
<td>Anxiolytic action – GABA receptor potentiation, inhibition of monoamine oxidase B, inhibition of norepinephrine uptake</td>
<td>Well tolerated at regular dosage, quickly induces a feeling of well-being</td>
<td>Possibly unsafe (hepatotoxicity)</td>
</tr>
<tr>
<td>German chamomile</td>
<td>Apigenin (an active constituent of the German chamomile) is a possible GABA agonist</td>
<td>Possibly safe when used for short periods (eight weeks)</td>
<td>Avoid in pregnant and nursing women</td>
</tr>
<tr>
<td>Lavender</td>
<td>Possible potentiation of GABA neurotransmitter among other possible mechanisms of action</td>
<td>Possibly safe when used orally for short periods (10 weeks)</td>
<td>Avoid in pregnant and nursing women; avoid topical use in prepubescent boys</td>
</tr>
<tr>
<td>Lemon balm</td>
<td>Possible interaction with GABAergic neurons among other possible mechanisms of action</td>
<td>Possibly safe when used orally for up to four months</td>
<td>Avoid in pregnant and nursing women</td>
</tr>
<tr>
<td>Passionflower</td>
<td>Possible agonist of benzodiazepine receptor</td>
<td>Possibly safe when used for short periods of time (one month)</td>
<td>Interaction with hypotensive drugs and central nervous system depressants; avoid use in pregnant or nursing women</td>
</tr>
</tbody>
</table>

**Pharmacology**

Sedalia combines six homeopathic medicines manufactured according to the Homeopathic Pharmacopoeia of the United States using the highest standards of production and quality control.7

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 toxico-pharmacological properties of the strain (in red) and the general indications of its homeopathic dilutions (in blue).7

| Monekhood (Ranunculaceae) |   | Deadly nightshade (Solonaceae) |   | Marigold (Asteraceae) |   |
|---------------------------|   | Aconitum napellus |   | Atropa belladonna |   |
| Aconitum napellus | Excitation, palpitations, diziness, hyperventilation | Atropa, scopolamine, hyoscyamus: general hyperesthesia, confusion | Calendula officinalis | Relevance to stress | Relevance to stress |
| Aconitum napellus 6C |   | Belladonna 6C |   | Calendula officinalis 6C |   |
|   | Relieves restlessness, agitation |   | Relieves hypersensitivity to stress |   |

**Advantages**

As a convenient and reliable first choice for stress-related symptoms, Sedalia has many advantages:

- Non-drowsy
- Non-habit forming
- No effect on alertness: can be used for stage fright, job interviews, plane trips, etc.
- No known interactions with other medications, herbs or supplements: can be considered in pre-operative protocols or during withdrawal from sedative medications
- Quick-dissolving tablets absorbed sublingually; no water needed

**References used to prepare this document:**