

Schizandra Dreams™

Valerian Herbal Supplement

Therapeutic Actions

1. Treats insomnia and influences dreaming; may lessen the severity of sleep apnea, used for nighttime cough
2. Acts as a calming sedative for daytime agitation, anxiety attacks, and palpitations or for substance withdrawal

Chinese Therapeutic Effects

Nourishes the heart

Calms the spirit

Administration

Internal: 2 to 3 tablets, 1 hour before sleeping. For extreme cases, take an additional dose at bedtime. May also be taken during the night, if waking up frequently is part of the pattern. Highly sensitive people should start with 1 tablet per day.

Take 1 tablet as needed during the day for anxiety. (Don't drive or operate heavy machinery.)

90 tablets, 267.5mg, 30 day supply

Contraindications: Pregnancy

Ingredients

Valerian root extract
Valeriana officinalis

Schizandra fruit
wu wei zi

California Poppy herb extract
Eschascholtzia californica

Formula Rationale

Schizandra Dreams incorporates valerian root extract into the Chinese pharmacopoeia. Valerian, a plant native to North America and Europe, is traditionally used for the relief of insomnia, anxiety, migraines and intestinal cramping. Clinical studies have demonstrated effectiveness in improving sleep quality and relieving insomnia in tests with normal subjects and those suffering from sleep disorders. In comparison with barbiturates or benzodiazepines, valerian had reduced morning sleepiness. In a study of 11,168 patients in Germany, symptoms were eliminated in 70 percent of the subjects, improved in 24 percent and unchanged in 6 percent of the patients (Upton, Roy ed. *Valerian Root*, Santa Cruz, p. 15, ANP).

California poppy (*Eschscholtzia californica*) has been traditionally used for its spasmolytic, anxiolytic and sedative properties. One clinical trial was conducted to assess efficacy and safety of *Eschscholtzia californica* in combination with *Crataegus oxyacantha* (hawthorn) and magnesium. It was an approved, multicentre (22 non-psychiatric investigating physicians) double-blind, randomized trial with two matched groups of patients (study drug versus placebo) treated on an out-patient basis for a period of three months; 264 participants were enrolled. The dosage of *Eschscholtzia californica* was 20mg of dry aqueous extract per tablet. It was administered at the regimen of two tablets at a time twice a day, which equals a final dose of 80mg per day. Efficacy was assessed by change in Hamilton anxiety scale total, somatic scores and change in patient self-assessment (visual analogic scale). The percentage of patients responding positively to the treatment was significantly higher in the treatment group than in the placebo group ($p < 0.05$). The percentage of patients experiencing adverse event was not significantly different between treatment and placebo group and 90% of the patients judge benefit to be greater than the risk (M. Hanus, J. Lafon, and M. Mathieu. 2004. double-blind, randomized, placebo-controlled study to evaluate the efficacy and safety of a fixed combination containing two plant extracts (*Crataegus oxyacantha* and *Eschscholtzia californica*) and magnesium in mild-to-moderate anxiety disorders. *Curr. Med. Res. Opin.* 20:63-71.)

Schizandra fruit (*wu wei zi*) has been shown to normalize cerebral discharges and regulate the breathing center. The formula is helpful in cases of insomnia when patients waken frequently at night with difficulty breathing.

Clinical Notes

1. This formula is effective for relieving anxiety during substance withdrawal or emotional disturbance when Western medications are also being used
2. Can be useful for muscular spasms and panic attacks

Additional Formulas

- To treat the cause of insomnia, see **Shen-Gem**, **Ease Plus** and **Calm Spirit**
- For substance withdrawal, consider **Ease Plus**