



Patient Handout: Understanding DHH-B (Dihydrohonokiol-B)

Supporting Calm, Sleep, Gut and Brain Health

What is DHH-B?

DHH-B, short for **Dihydrohonokiol-B**, is a natural compound derived from the bark of the **magnolia tree (Magnolia officinalis)**. It belongs to a group of compounds known as *lignans*, which have been traditionally used in herbal medicine, especially in East Asia.

DHH-B is most known for its calming and mood-supporting properties.

What Are the Benefits of DHH-B?

DHH-B may offer several potential benefits for your **mental and neurological well-being**:

✓ Supports Relaxation and Reduces Anxiety

- Helps calm the nervous system without causing drowsiness in normal doses
- Acts on GABA receptors in the brain (similar to how anti-anxiety medications work)

✓ Promotes Better Sleep

- May help you fall asleep faster and sleep more deeply
- Often used by people with occasional sleeplessness or racing thoughts at night

✓ Neuroprotective Effects

- Shows promise in early research for protecting brain cells from damage
- May help support brain health as we age

✓ Gut protective Effects

- Shows anti-inflammatory support through GABA-A receptor modulation
- Particularly helpful for stress-mediated gut dysfunction

✓ Non-Addictive and Well-Tolerated

- Unlike some prescription medications, DHH-B does **not appear to be habit-forming**
- Generally well-tolerated when used as directed

How to Take DHH-B

- **Form:** Oral capsule
- **Typical Dosage:** 15 mg per day
- **When to Take:** Evening use may be best for sleep support; daytime use may help with stress

Is It Safe?

DHH-B is considered safe for most people when used appropriately. However:

- Do not combine with alcohol or sedative medications without medical advice

Frequently Asked Questions

Q: Will DHH-B make me sleepy during the day?**A:** Not usually. Many users report feeling calm but not sedated.

Q: Can I take it long-term?**A:** Current evidence suggests it is safe long-term

THE GUT IS THE FOUNDATION OF HEALTH.

OPTIMIZE IT AND YOU OPTIMIZE EVERYTHING ELSE!