

Serene

Contains a blend of ingredients important for mood and sleep-wake function*

Item Number	Available Sizes	Serving Size
2014	60 Capsules	1 Capsule

Key Ingredients

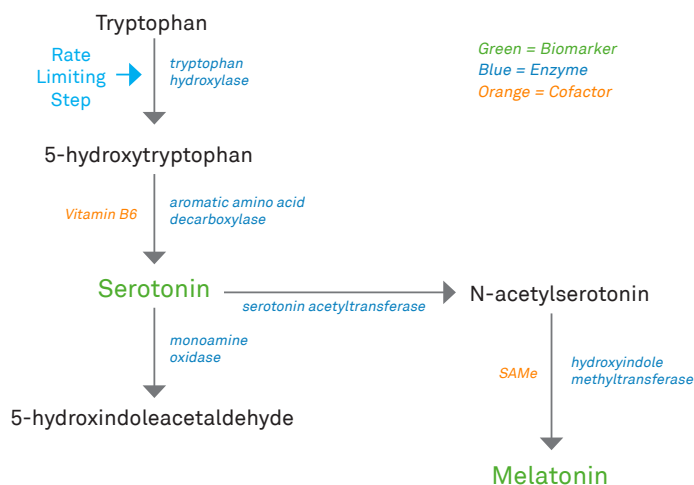
<p>5-HTP (from <i>Griffonia simplicifolia</i> seed extract)</p>	<ul style="list-style-type: none"> 5-hydroxytryptophan (5-HTP) crosses the blood-brain barrier and is a precursor to serotonin and melatonin¹ In a randomized, double-blind study, 5-HTP was shown to significantly improve mood^{2*}
<p>Vitamins B and C</p>	<ul style="list-style-type: none"> Active forms of vitamin B6, folate, and C are important for serotonin synthesis^{3-7*}



The Science

- Serotonin and its receptors are an integral part of many physiological functions in the nervous, endocrine, and gastrointestinal systems⁸
- Serotonin is important for regulating **mood** and **sleep-wake function**⁹

Serotonin Pathway

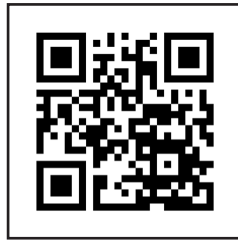


†This product uses Gnosis S.p.A.'s (6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent No. 7,947,662. Quatrefolic is a registered trademark of Gnosis S.p.A., Milan, Italy.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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