

## 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

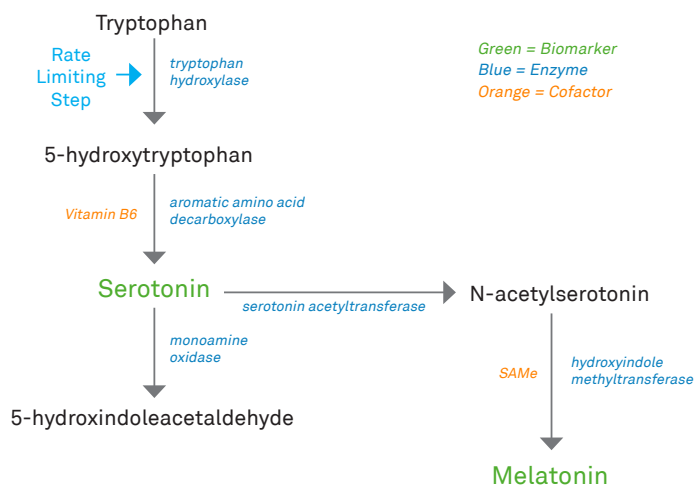
<p><b>5-HTP</b> (from <i>Griffonia simplicifolia</i> seed extract)</p>	<ul style="list-style-type: none"> <li>5-hydroxytryptophan (5-HTP) crosses the blood-brain barrier and is a precursor to serotonin and melatonin<sup>1</sup></li> <li>In a randomized, double-blind study, 5-HTP was shown to significantly <b>improve mood</b><sup>2*</sup></li> </ul>
<p><b>Vitamins B and C</b></p>	<ul style="list-style-type: none"> <li><b>Active forms</b> of vitamin B6, folate, and C are important for serotonin synthesis<sup>3-7*</sup></li> </ul>



## The Science

- Serotonin and its receptors are an integral part of many physiological functions in the nervous, endocrine, and gastrointestinal systems<sup>8</sup>
- Serotonin is important for regulating **mood** and **sleep-wake function**<sup>9</sup>

## Serotonin Pathway

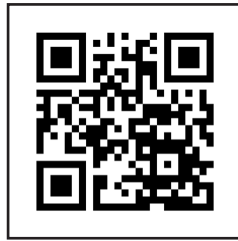


†This product uses Gnosis S.p.A.'s (6S)-5-methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®) and is protected by U.S. Patent No. 7,947,662. Quatrefolic is a registered trademark of Gnosis S.p.A., Milan, Italy.

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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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