

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*}
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<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*}
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Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	300 mg 333%
Vitamin B6 (as pyridoxal 5'-phosphate)	2.5 mg 147%
Folate (as L-5-methyl-tetrahydrofolate, calcium salt)	240 mcg DFE 60%
Calcium (as calcium citrate)	74 mg 6%
5-hydroxytryptophan (from <i>Griffonia simplicifolia</i> seed extract)	100 mg †

† Daily Value not established.

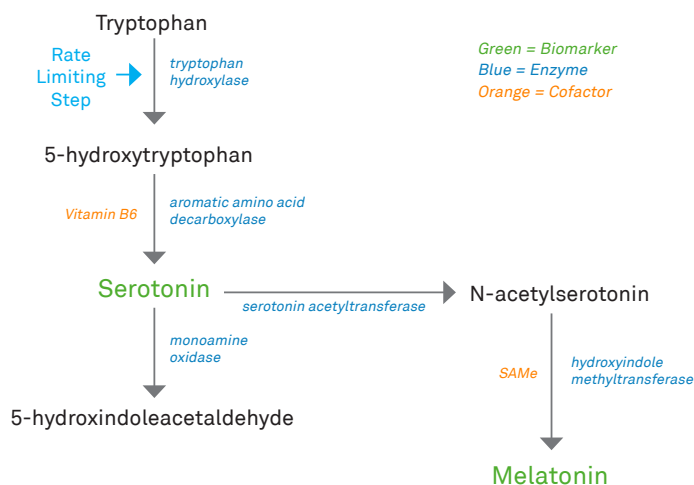
Other ingredients: Vegetable capsule (hypromellose, water), magnesium stearate (vegetable source), and microcrystalline cellulose.

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+1-888-342-7272
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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



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†Magnafolate is a registered trademark of Lianyungang Jinkang Pharmaceutical Technology Co., Ltd.

*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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