

Serene

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

Item Number	Available Sizes	Serving Size
2014	60 Capsules	1 Capsule

Key Ingredients

5-HTP
(from *Griffonia simplicifolia* seed extract)

- 5-hydroxytryptophan (5-HTP) crosses the blood-brain barrier and is a precursor to serotonin and melatonin¹
- Data shows 5-HTP improved mood and feeling balanced^{2*}

Vitamins B and C

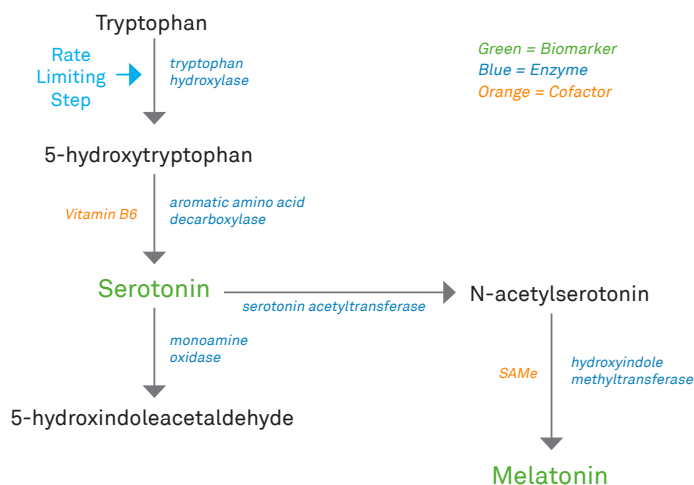
- Active forms** of vitamin B6, folate, and C are important for serotonin synthesis^{3-7*}



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 a healthy sleep-wake function.⁹

Serotonin Pathway



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

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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.