



## SereZen: For Serenity and Zen Mind

**SereZen** contains natural ingredients that have been shown to help the body adapt to stress and elevate mood. It includes adaptogenic herbs; herbs that increase the body's ability to adapt to environmental and internal stress by strengthening the immune, nervous, emotional, and glandular system.

**SereZen's** ingredients target two significant chemicals produced in the brain: serotonin and GABA (gamma-aminobutyric acid). These two chemicals are critical in creating emotional balance and mood elevation.

There is significant evidence that suggests that low serotonin levels are a common consequence of modern living. The lifestyle and dietary practices of many people living in this stress-filled era may result in lowered levels of serotonin within the brain. As a result, many people experience bouts of depression, weight issues, sugar and carbohydrate cravings, hyperactivity, compulsive disorders, headaches, and vague muscle aches and pain. According to researchers, all of these maladies may be correctable by raising brain serotonin levels. Migraine headaches, premenstrual disorder (PMS), and fibromyalgia also share a common feature: low serotonin syndromes. These are just some of the reasons why using SereZen on a daily basis can assist your brain chemistry.

Gamma-aminobutyric acid (GABA), is an amino acid that occurs in the central nervous system and that is associated with transmission of inhibitory nerve impulses. Increases in GABA leads to improved memory and adaptation to new conditions. Low levels of GABA may be a contributing factor to a person feeling anxious because GABA deficiencies can negatively affect an individual's ability to manage even the most low-level stressful situations.

### Benefits:

- Balance moods, energy
- Reduce anxiety, stress, fatigue
- Memory and mental enhancer
- Helps with addictive behavior
- 100% natural

### Key Ingredients:

**5-HTP** is an amino acid produced naturally by your body's metabolism. 5-HTP is the intermediate step between tryptophan and the important brain chemical serotonin. After over 25 years of research, leading researchers have stated that "in our experience, as well as in that of other pain specialists, 5-HTP can largely improve the painful picture of primary fibromyalgia".

**Theanine**, naturally found in green tea, has been shown to reduce mental and physical stress, and improve cognition and mood. Theanine also increases GABA production in the brain.

**Ashwagandha** is effective for anxiety, fatigue, foggy thinking, and stress induced insomnia. Clinical Studies support that ashwagandha may be beneficial for easing drug withdrawal symptoms and reducing anxiety. Ashwagandha may be of particular benefit to athletes because of its ability to reduce cortisol levels, increase energy, optimize hormones, enhance endurance, reduce recovery time between exercise sessions, boost overall exercise performance, improve antioxidant effects, and boost immune system function.

**Bacopa** is known as a Memory Enhancer. This is especially true in children. Researchers believe that bacopa has the ability to stimulate GABA. It can help inhibit fatigue, tension, and exhaustion from everyday stressors, help balance energy levels for physical performance and endurance, and support healthy cardiovascular function. Bacopa can also help support blood sugar levels that are already within the normal range.

**Directions for Use:** Spray 3 times on or under the tongue. Repeat 5 times daily.

**Ingredients:** 5-HTP (from *Griffonia simplicifolia*), L-Theanine (from *Camelia sinensis*), Proprietary Concentrated Blend: Ashwagandha (*Withania somnifera*), Bacopa (*Bacopa monniera*), Milk Thistle (*Silybum marianum*), Eleuthero Root (*Eleutherococcus senticosus*), Schisandra fruit (*Schisandra chinensis*), Rhodiola Root (*Rhodiola rosea*), Magnolia Bark (*Magnolia officinalis*) in a base of vegetable glycerin, purified water, and natural cinnamon oil (*Cinnamomum zeylanicum*) or natural wintergreen oil (*Gaultheria procumbens*)