

Sereni-Pro™ – Adapting to Stress

About Sereni-Pro

- Formulated for people who are experiencing significant stress resulting in foggy thinking, irritability, poor sleep, and feeling constantly overwhelmed.
- A unique combination of herbal ingredients that support the health of the adrenal glands by balancing the stress hormone cortisol and other stress-related molecular signals.
- The Indian plant ashwagandha not only helps lower cortisol, it also lowers the excessive inflammation associated with high levels of cortisol. In clinical trials, it also lowered levels of stress and anxiety, and improved sleep among stressed adults.¹
- Rhodiola contains natural bioactive ingredients, rosavin and salidroside, that together help ease stress-related fatigue and improve the ability to concentrate under pressure. In clinical trials, it also improved mood and exercise performance.²
- Sereni-Pro works rapidly, usually reducing the symptoms associated with stress in 30 days or less, though some may feel results within a few days.
- Does not cause drowsiness.
- The herbal medicines in Sereni-Pro have been thoroughly researched to help reduce the physical and mental issues associated with excess stress:

	Rhodiola	Eleuthero	Ashwagandha	Lavender
Lowers cortisol ^{3,4}	✓		✓	
Decreases fatigue ⁴⁻⁶	✓	✓	✓	
Increases immunity ⁷⁻⁸		✓		
Promotes calmness ^{4,9,10}			✓	✓
Lowers anxiety ^{4,11,12}	✓		✓	✓
Improves mental performance when under stress ³	✓			✓
Supports healthy mood balance ^{5,13}	✓			✓

How to Use Sereni-Pro

- Take 1–2 capsules 2 times per day or as directed by a health care practitioner. Do not take immediately before bedtime. Consult a health care practitioner for use beyond 1 month.

Cautions and Contraindications

- Consult a health care practitioner prior to use if you have any type of acute infection or if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms persist or worsen. Consumption with

alcohol, other drugs or natural health products with sedative properties is not recommended. Do not use if you have high blood pressure. If you have bipolar disorder or bipolar spectrum disorder or high blood pressure, do not use this product.¹⁴ Keep out of reach of children.

Quick Tips for Optimal Health

- Breathe. Take a 5-minute break and focus on slow, deep breathing. Sit up straight, close your eyes, slowly inhale through your nose, and exhale through your mouth.¹⁵
- Laugh! Research shows that laughing while watching a funny movie not only helps reduce stress levels, it also increases your immunity.¹⁶
- Walk. Going for a quiet 20-minute walk in the woods twice a day helps lower the stress hormone cortisol and reduce feelings of anger and depression.^{17,18}
- Drink a cup of black tea. A study has shown that drinking tea helps you relax, lowers cortisol, and supports recovery from stressful situations.¹⁹
- Follow a Mediterranean-style, vegetable-rich, and low-salt diet. Avoid foods that spike your glucose levels, as they are likely to increase your cortisol levels too.^{20,21}
- Listen to soothing music for 30 minutes per day. It helps reduce your blood pressure and heart rate, as well as feelings of being stressed.²²
- Go for a massage. A regular massage is not only good for muscle aches and pains, it also lowers your heart rate, insulin levels, and stress hormone levels (i.e., cortisol).²³
- Take a good quality multivitamin and mineral supplement. It may help increase alertness, elevate your mood, and manage stress.^{24,25}
- Take vitamin C. Sustained or slow-release vitamin C (500–3000 mg per day), helped reduce both stress and anxiety in clinical trials.^{26,27}
- If you continue to experience regular anxiety, talk to your health care practitioner about cognitive behavioural therapy or other stress-reduction techniques.²⁸

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

References

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