

Sereni-Pro™

About Sereni-Pro

- An adaptogenic herbal formula that helps support adrenal and nerve function for a renewed sense of clarity and energy, and providing relief from occasional nervous tension caused by everyday stress.*
- Ashwagandha helps maintain levels of dopamine and other stress neurotransmitters already within the normal range and also acts as a GABA receptor agonist, all of which have the effect of calming the overall stress response.*
- In controlled trials, ashwagandha has helped mitigate the effects of everyday stress and nervous tension in healthy adults, and helped maintain healthy levels of stress hormones already within the normal range.*¹
- Rhodiola includes bioactive ingredients, rosavin and salidroside that together help support healthy cognitive function, mental alertness, healthy energy levels, exercise performance, and a healthy mood.*²
- Non-habit forming and does not cause drowsiness.
- The herbal ingredients in Sereni-Pro have been thoroughly researched to help mitigate the physical and mental effects associated with everyday stress:

	Rhodiola	Eleuthero	Ashwagandha	Lavender
Maintains cortisol levels already within the normal range* ^{3,4}	✓		✓	
Supports healthy energy levels* ⁴⁻⁶	✓	✓	✓	
Maintains healthy immunity* ⁷⁻⁸		✓		
Promotes calmness* ^{4,9,10}			✓	✓
Relieves occasional nervous tension* ^{4,11,12}	✓		✓	✓
Supports mental performance in the midst of everyday 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 professional. Do not take immediately before bedtime. Consult a health care professional for use beyond one month.

Cautions and Contraindications

- Consult a health care professional prior to use if you have any type of acute infection or if you are pregnant or breastfeeding. Consult a health

care professional 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, do not use this product.¹⁴ Keep out of reach of children.

Quick Tips for Optimal Health

- Breathe. Take a five-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 calm the stress response, it also supports healthy immunity.*¹⁶
- Walk. Going for a quiet 20-minute walk in the woods twice a day helps maintain cortisol levels already within the normal range and helps support a healthy mood.*^{17,18}
- Drink a cup of black tea. A study has shown that drinking tea supports relaxation, maintains healthy cortisol levels already within the normal range, and supports recovery from everyday stress.*¹⁹
- Follow a Mediterranean-style, vegetable-rich, and low-salt diet. Avoid simple sugars, as they are likely to increase cortisol levels in addition to blood glucose already within the normal range.^{20,21}
- Listen to soothing music for 30 minutes per day. It helps maintain blood pressure and heart rate already within the normal range and promotes feelings of calm.*²²
- Go for a massage. A regular massage is not only good for muscle aches and pains, it also helps maintain heart rate, insulin levels, and cortisol levels already within the normal range.*²³
- Take a good quality multivitamin and mineral supplement. It may help maintain alertness, support healthy mood, and manage everyday stress.*^{24,25}
- If stress is ongoing, talk to your health care professional about cognitive behavioral therapy or other stress-reduction techniques.²⁶

USER NAME: _____

PROFESSIONAL NOTES:

PROFESSIONAL CONTACT INFORMATION:

*This statement has 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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