

**SUGGESTED USE:** 4 capsules taken 1-2 hours before bedtime or as recommended by your health care professional. Formulated to be free of allergens derived from: Gluten, artificial colors and flavors. Do not consume this product if you are pregnant or nursing. Consult your physician for further information. As with all dietary supplements, some individuals may not tolerate or may be allergic to the ingredients used. Please read the ingredient panel carefully prior to ingestion. Cease taking this product and consult your physician if you have negative reactions upon ingestion. **KEEP CONTAINER TIGHTLY CLOSED. STORE AT ROOM TEMPERATURE. KEEP OUT OF REACH OF CHILDREN.** This product was sealed for your protection. Do not use if outer looped neck seal or inner-seal is missing or damaged.

† 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.

Product #832060  
Label ID L-OMP100-832060-C



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**DO NOT ACCEPT IF LABEL SHOWS SIGNS OF TAMPERING**

 Quatrefolic®

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 ALBION



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Because Efficacy Matters™

# Cerenity PM



ENDOCRINE  
HEALTH™

60 Capsules  
Dietary Supplement

## Supplement Facts

Serving Size 4 Capsules  
Servings Per Container 15

### 4 capsules contain

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid USP)	50 mg	83%
Niacin (as Nicotinamide USP)	10 mg	50%
Vitamin B6 (as Pyridoxal-5'-Phosphate)	10 mg	500%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	400 mcg	100%
Calcium (as DimaCal® Dicalcium Malate)	250 mg	25%
Magnesium (as DiMagnesium Malate)	150 mg	38%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	5 mg	33%
Taurine	300 mg	*
5-HTP (5-Hydroxytryptophan) (from Griffonia simplicifolia (Seed))	150 mg	*
Gamma Aminobutyric Acid (PharmaGABA™)	150 mg	*
Phosphatidylserine (from Soy Lecithin)	100 mg	*

\* Daily Value not established

Ortho Molecular Products, Inc. 1991 Duncan Place, Woodstock, IL 60098  
LEARN MORE ABOUT US AT [OrthoMolecularProducts.com](http://OrthoMolecularProducts.com)

Other Ingredients: Natural Vegetable Capsules, Microcrystalline Cellulose, Magnesium Stearate, and Silicon Dioxide. PharmaGABA™ is a trademark of Pharma Foods International Co., Ltd., DimaCal and TRAACS are registered trademarks of Albion Laboratories, Inc. Quatrefolic® is a registered trademark of Croscos S.p.A. Patents Pending.