

Most anti-stress products work by sedating the central nervous system, causing drowsiness and impairing mental function. **Serenelle®** helps you de-stress while increasing your energy and focus.*

- **Reduces occasional stress.*** A human study found that Sensoril® ashwagandha extract significantly reduced symptoms of occasional stress — including anxiety, heart palpitations, irritability, and sleeplessness.*
- **Produces calming brain waves.*** L-theanine and natural PharmaGABA® have been clinically shown to increase the production of alpha brain waves — indicating a relaxed state of alertness.* Synthetic GABA does not have the same effect.
- **Improves mood and mental alertness.*** Lemon balm extract (LBE) has been clinically shown to improve stress-induced negative mood and increase mental alertness.* Relesse LBE is guaranteed to contain the specific constituents responsible for the herb's cognitive effects.*
- **Balances hormones.*** Sensoril has been clinically shown to reduce the stress hormone cortisol, while boosting the energizing hormone DHEA.*

This product is suitable for vegetarians and gluten-free.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



QUALITY OF LIFE®

STRESS
MANAGEMENT*

Serenelle®

with PharmaGABA®, Sensoril®,
Relesse™ & L-theanine

Reduces occasional stress*
Produces calming brain waves*
Improves mood and focus*

60 VEGICAPS | DIETARY SUPPLEMENT



SUGGESTED USE: 2 vegicaps daily with a meal.

Supplement Facts

Serving Size: 2 vegicaps
Servings Per Container: 30

Amount Per Serving	% Daily Value
Lemon balm leaf extract (<i>Melissa officinalis</i>) as Relesse™ [standardized to 6% rosmarinic acid (18 mg)]	300 mg †
Sensoril® ashwagandha extract (<i>Withania somnifera</i>) roots and leaves [minimum 8% withanolide glycoside conjugates (20 mg) and 32% oligosaccharides (80 mg)]	250 mg †
L-theanine	200 mg †
PharmaGABA® (100 mg gamma aminobutyric acid)	125 mg †

† Daily value not established.

Other ingredients: vegetable cellulose, tapioca starch, leucine, silica. Sensoril® is a registered trademark of Natreon Inc. and is protected under U.S. Patent #6,713,092. PharmaGABA® is a registered trademark of Pharma Foods International Co. Ltd.

WARNING: DO NOT USE IF SEAL IS BROKEN OR MISSING. Keep out of reach of children. Store at room temperature. Consult your healthcare professional before use if you are pregnant or lactating, have or had a medical condition, or are taking prescription drugs.



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