

Supplement Facts	
Serving Size 1 Capsule	
Servings Per Container 90	
Amount Per Serving	% DV
Sleep Blend 500mg	†
Valerian (Whole Herb)	†
L-tryptophan (from natural fermentation source)	†
† Daily Value (DV) Not Established	
Other Ingredients: Gelatin	



Frequently Asked Questions

1. My bottle smells really bad, is that normal?

One of the ingredients in Serotonin FX is organic, whole herb valerian. This is a powerful knock-out herb that contains volatile oils, which are very odiferous. The way to tell if the valerian you have is fresh and active is by this signature smell. If it doesn't smell, it isn't any good and it won't do its job. It's a good thing if it smells.

2. How many should I take?

As with all supplements, each person needs to determine what works best for them. The usage on the bottle indicates that 1 capsule should be taken for each 50 – 70 lbs of body weight. Not everyone will need that much, because this is a powerful herbal blend. For some 1 capsule might be enough to get a very good night's sleep, even though they weigh 165 lbs. For others, even at that same weight, they may need 3 or 4 capsules to nod off easily. It's best to start at the lower range and work your way up, as needed, to find out what's best for you.

3. How Often Should I Take Serotonin FX?

Take as needed. Usually you don't need it every night. There is a residual effect. Since it activates your circadian rhythm, it won't make you tired during the day, but will in fact help you sleep at night over a period of days, even with one dose. To start, take for five nights in a row, then see how it affects you taking every other day or even once per week. Experiment. And remember, you can't overdose on it!

4. Shane mentioned that Serotonin FX also curbs sugar cravings during the day, does that mean I should take it in the morning with breakfast?

No, not unless you want to be asleep at your desk by 10 AM, drooling all over your work. Taking Serotonin FX at night, 1 -2 hrs before bed will help you sleep and that same dose will also reduce sugar cravings all the next day, without taking anymore. The ingredient that aids this is L-tryptophan, an amino acid. Therefore, in addition to helping you get a good night's sleep, sugar cravings are greatly reduced for anyone trying to remove sugar from their diet.

Another great way to remove sugar from your diet is don't buy any sweets. It may sound obvious, but a mother may buy sweets for other people in the household or guests and then it becomes a mental battle of constant temptation. Just remove them from your family's diet; you'll be doing them and yourself a great, big favor.

5. What if my schedule won't allow me to get the recommended 7-8 hrs of sleep?

Plenty of rest is much more necessary than most people think. One of the reasons why we, as Americans, have the highest rate of obesity in the world, is because we think anyone who sleeps a lot is lazy. The body needs time to repair itself, to properly digest food and waste products, to remove free radicals and for all of the biochemical processes to complete their night time phase, in order to produce fat burning and anti-aging hormones to increase longevity. A tired body has a harder time doing daring things, like having the energy to live young. More sleep means more productivity!

Now, that said, we do understand that not everyone has an ideal schedule. The important thing here is get a good full night's sleep when you can (7-8 hrs). When you just cannot, you can also take Serotonin FX to maximize your deep REM sleep during the time you do have. It will increase the quality of your sleep, when you cannot increase the *quantity*.

6. What if the recommended usage doesn't help me sleep?

Usage is based on weight, but everyone has a different height, metabolism and digestion.

One capsule per 70 lbs is usually sufficient, but some people do better on one capsule per 50 lbs.

Also, be aware that too much coffee and/or other stimulants during the day can affect your ability to get a good night's sleep. Work on getting enough rest first and then you may not need so much coffee. Best practice is to stop caffeinated beverages by 1pm.

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‡ Recent media coverage and scientific publications has focused on the ingredients generically, not the individual products that contain those ingredients.

† Individual results may vary