

Suggested usage: 2 capsules 1–2 times per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Three Brains® is a line of supplements designed to support the critical relationship between our head, heart, and gut. Together, these three “brains” influence our cognition and support a healthy mind.*

Serene Mind® is a unique combination of herbal extracts used to help relieve symptoms of everyday stress, enhance physical performance, and support cognitive function.* It is also used as a supportive therapy for the maintenance of healthy glucose levels already within the normal range and helps promote healthy liver function.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* 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.



LOT & EXPIRY
0.6875" x 0.4375"
Double Line

DIETARY SUPPLEMENT

SERENE MIND®



Support for
stress-related fatigue*

120 vegetarian capsules

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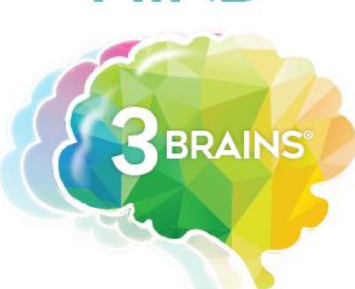
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DIETARY SUPPLEMENT

SERENE MIND®



Support for
stress-related fatigue*

120 vegetarian capsules

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

	Amount Per Serving	% Daily Value
Choline (bitartrate)	27 mg	5%
Suphenon® Green Tea Extract (<i>Camellia sinensis</i>) (leaf) (80% catechins, 45% EGCG)	300 mg	**
Sensori® Ashwagandha Extract (<i>Withania somnifera</i>) (root and leaf)	125 mg	**
Withanolides (8%)	10 mg	**
Rhodiola Extract (<i>Rhodiola rosea</i>) (root) (3.5% rosavins, 1% salidroside)	100 mg	**
Panax Ginseng Extract (root) (6.5% ginsenosides)	100 mg	**

** Daily Value not established.

Other ingredients: Vegetarian capsule (carbohydrate gum [cellulose], purified water), microcrystalline cellulose, croscarmellose sodium, magnesium stearate (vegetable grade), silica.

Suphenon® is a registered trademark of Taiyo International, Inc.
Sensori® is a registered trademark of Natreon, Inc. and is protected under U.S. Patents 6,153,198 & 7,318,938.

Recyclable container and label.



PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272

Purity & Potency
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Nutrients from whole foods, exercise, and supplements are effective, non-invasive ways to support the “three brains” interaction – optimize cognition and support a healthy mind. – Karen Jensen, ND



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A BOLD NEW INNOVATION IN HEALTHY MIND SUPPORT!*

Serene Mind provides powerful support for the adrenal glands during periods of occasional emotional or physical stress and demands.* It synergistically combines several adaptogens with choline and green tea.*

KEY INGREDIENTS	KEY BENEFITS
Sensori® Ashwagandha	An adaptogen that calms the mind and regulates cortisol*
Panax ginseng	An adaptogen that supports mood, energy, and focus*
Rhodiola	An adaptogen that balances everyday stress, reduces mental fatigue, and promotes attention*
Choline	Helps the adrenal glands respond to stress*
Suphenon® green tea	Supports a calm but alert mind*

Serene Mind is an excellent stand-alone product, but can be combined with 3 Brains Total® for comprehensive and optimal three-brain support.*

