

L-Serine is an amino acid produced naturally by the body that plays an important role in the body's production of proteins, DNA, and cell membranes. When taken as a supplement, L-Serine spurs production of important amino acids and neurotransmitters including L-Tryptophan, L-Cystine, and Serotonin. Research has shown L-Serine supplementation to provide benefits to brain, skin, and muscle health.*

Suggested Use: As a supplement, take 4 capsules per day. L-Serine is water soluble and does not need to be taken with food. Do not exceed 12 capsules per day.

Storage: Store in a cool, dark place. Do not freeze or expose to moisture or heat above room temperature.



L-SERINE

2000 mg
per serving

- * Stimulates Production of L-Tryptophan, L-Cystine, and Serotonin
- * Supports Brain Health and Cognitive Activity
- * Supports Sleep Quality

180 Capsules
Dietary Supplement

Supplement Facts

Serving Size: 4 Capsules

Servings Per Container: 45

Amount per Serving	% Daily Value
L-Serine	2,000mg †

† Daily Value not established

Other Ingredients: Hypromellose (capsule), rice flour

WARNING: Consult your physician before use if you are taking any medications. Do not use L-Serine if you are pregnant, nursing, or are under 18 years of age.

Discontinue use and consult your doctor immediately if any adverse reactions occur. Do not take L-Serine and operate heavy machinery. Keep out of reach of children. Do not exceed 12 capsules per day.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Manufactured for:
Double Wood LLC
NPN: 80103759

3510 SCOTTS LN STE 219
PHILADELPHIA, PA 19129-1573
United States

www.doublewoodsupplements.com