

Suggested usage: 2 capsules 1-2 times per day or as directed by a health

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



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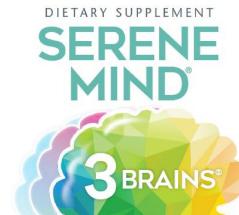
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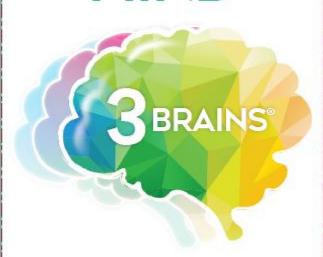


Support for stress-related fatique*

120 vegetarian capsules

DIETARY SUPPLEMENT

SERENE MIND



Support for stress-related fatigue*

120 vegetarian capsules

Supplement Facts

ving % l	Daily Value
mg	5%
) mg	**
mg	**
) mg	
) mg	**
) mg	**
) mg

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

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



Recyclable container and label.



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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	
Sensoril ^a 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*	
Sunphenon® 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 threebrain support.*



Supplement Facts

Serving Size 2 Capsules Servings Per Container 60

Amount Per	Serving	% Daily Value
Choline (bitartrate)	27 mg	5%
Sunphenon® Green Tea Extract (Camellia sinensis) (leaf) (80% catechins, 45% EGCg)	300 mg	**
Sensoril ^e Ashwagandha Extract (Withania somnifera) (root and leaf)	125 mg	**
Withanolides (8%) Rhodiola Extract (Rhodiola rosea) (root)	10 mg	**
(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.

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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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