

DIRECTIONS: Seredyn® can be taken every day or occasionally "as needed". To use regularly for relief of worry and stress, take one or two capsules 2-3x daily. To use occasionally to calm down fast in stressful situations, take 1-3 capsules "as needed".

PRECAUTIONS & DRUG INTERACTIONS:

- May potentiate sedatives and alcohol.
- May cause drowsiness.
- Use caution when driving until you are familiar with the effects of Seredyn®
- Consult a healthcare professional before taking Seredyn® if you have a serious medical condition.
- Consult a healthcare professional before taking Seredyn® if you are pregnant or nursing.
- Not recommended for young children.
- Discontinue use if unusual symptoms occur.

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



seredyn.com


Seredyn®
Find the Serenity

Complete Calm®

Herbal Supplement

60 Capsules

Clinical studies show the ingredients in Seredyn® promote relaxation and reduce stress, nervous tension and irritability.*

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

Amount Per Capsule	%DV
Niacin (as niacinamide)	200 mg 1000%
Magnesium (as magnesium taurinate)	14 mg 4%
Seredyn® Proprietary Blend	480 mg --
Passion Flower Extract (aerial parts)	
Valerian Extract (root)	
SunTheanine® (L-Theanine)	
Taurine (as magnesium taurinate)	

*Daily Value (DV) not established

Other Ingredients: Magnesium Stearate, Gelatin capsule, Rice Flour powder, Silicon Dioxide

Manufactured with standardized plant extracts and SunTheanine® 100% pure L-theanine to deliver the highest quality and potency.

Store in a cool, dark place.

Questions? Call (800) 109-1100

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