

SERENE is a natural nutritional complex to help calm and soothe body and mind, and to promote deeper, more restful sleep. Take a half dose for relaxation, or a full dose as a sleep aid. SERENE is a safe, effective, non-addictive sleep supplement free of unwanted side effects and next-day sluggishness.

WARNING: Due to the potency of this product, do not drive or operate machinery while taking. Do not use if pregnant, or using any medication. Keep out of reach of children.

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.

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NON-GMO DIETARY SUPPLEMENT

SERENE™



RELAXATION/SLEEP SUPPORT

NUTRITIONAL RELIEF FOR:

- ▶ Anxiety, stress, and nervousness
- ▶ Faster, deeper, more restful sleep
- ▶ Safe, non-addictive, no hangover

(60 Capsules)



Nutrition Facts

Serving Size: 1 Capsule

Servings per Container: **60**

INGREDIENT	AMOUNT PER SERVING
Calcium (carbonate/citrate)	100mg 2%
Magnesium (oxide/glycinate)	100mg 100%

Proprietary Mix: 600mg •

SunTheanine (L-Theanine),
Jujube (2% jujubosides),
Ashwaganda,
Phosphatidylserine,
Humulus Lupulus,
L-Tryptophan, Chamomile,
Inositol, GABA, Lemon Balm,
Rafuma Leaf Extract,
Valerian Root (1% valeric acids)

OTHER: Vegetable Magnesium Stearate, Plant Cellulose

DIRECTIONS: For general relaxation or stress relief, take 2 capsules on an empty stomach. As a sleep aid, take 4 capsules 45 minutes before bed. See warnings.

Made in the USA