

Indications: † Helps maintain normal sleep patterns and lower restlessness.

Directions: Adults and children over 12 years of age (1) tablet, 3 times daily, and (2) tablets at bedtime or as directed by a physician.

Do not take more than 12 tablets in a 24 hour period.

Children under 12 years of age as directed by a physician.

WARNINGS: KEEP OUT OF THE REACH OF CHILDREN. In case of accidental overdose, seek medical help or contact a Poison Control Center immediately. If you are pregnant or nursing consult your physician before use.

Tamper Evident: Do not accept if heat seal under cap is broken, torn, or missing.

Storage: Keep tightly closed at room temperature 15°-30°C (59° to 86°F).

† 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.



SERENITA®

† **Helps to calm nerves and sleeplessness
with its natural properties**

† *Ayuda a calmar los nervios y el insomnio
con sus propiedades naturales*

**Dietary
Supplement**

60 Tablets

SUPPLEMENT FACTS

Serving Size: 1 Tablet
Servings per container: 60

Amount Per Tablet	% Daily Value	
Magnesium (as magnesium gluconate 65 mg)	3 mg	<1%
Valerian Root Extract (valeriana officinalis)	130 mg	*
Passion Flower (passiflora incarnata)	130 mg	*

* Daily Value not established

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, silicon dioxide, hydroxypropyl methylcellulose, triacetin, talc, red #40 Lake, red #3, yellow #6 Lake and titanium dioxide.

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Efficient Laboratories, Inc.
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