

# Serene Mood

## Lift Your Mood - Calm Stress

Everyone wants to feel upbeat and enjoy life to the fullest. Yet periods of sadness and emotional tension are an inherent part of our life experience. Daily events and ongoing stresses can trigger “down” moods...and sometimes people feel “blue” for no apparent reason.

Everyone experiences episodes of butterflies or nerves, but when anxiousness becomes part of your everyday life, it may be time to take action. Signs of high stress may include neglecting your regular exercise routine, becoming more disorganized and increased procrastination.

Many factors contribute to maintaining normal emotional equilibrium, including brain chemistry. Science suggests that an imbalance of neurotransmitters such as serotonin can contribute to the kind of blue mood that goes beyond just having a bad day.

**Serene Mood** provides dietary support for normal feelings of calm and emotional well-being with a unique formula with 5-HTP, GABA and other complementary ingredients that play a key role in the regulation of mood and emotions.\*



60 Capsules

### Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Thiamin (as Thiamine HCl)	2 mg	167%
Riboflavin	2 mg	154%
Niacin (as Niacinamide)	10 mg	63%
Vitamin B6 (as Pyridoxine HCl)	10 mg	588%
Folate (50 mcg Folic Acid)	85 mcg DFE	21%
Vitamin B12 (as Cyanocobalamin)	100 mcg	4,167%
Calcium (as Calcium Carbonate)	50 mg	4%
Magnesium (as Magnesium Oxide)	50 mg	12%
Ashwagandha Extract (Withania somnifera)(root)(4.5% withanolides)	30 mg	†
GABA (Gamma-Aminobutyric Acid)	100 mg	†
Chamomile Extract (Matricaria chamomilla)(flower)(4:1)	100 mg	†
5-HTP (5-Hydroxytryptophan) (Griffonia simplicifolia)(seed)	50 mg	†
St. John's Wort Extract (Hypericum perforatum)(aerial parts)(0.3% hypericum)	25 mg	†

† Daily Value Not Established

Other Ingredients: Microcrystalline Cellulose Capsule (with Chlorophyll), Vegetable Magnesium Stearate, Silicon Dioxide, Natural Vanilla.

### Ingredient Profile

**5-HTP** – Supports the body’s natural production of serotonin. Serotonin is the key neurotransmitter that stabilizes our mood, feelings of well-being, and happiness. It also supports normal sleep patterns.

**GABA** - A growing body of research shows that low levels of GABA can be a factor in overthinking, mental stress and feelings on anxiousness, especially if you are easily overstimulated or “on edge”.

**Ashwagandha** – During stressful moments, the cortisol levels in your body increase, causing the heart to pump harder and faster. Ashwagandha supports normal cortisol levels, thus moderating the stress response.

**B Vitamins** – Why do they call B Vitamins the “happy” vitamins? Because when you take high quality B vitamins it shifts your moods, your mental clarity and energy. B vitamins along with Magnesium support the adrenal glands response to stress.

**St. John’s Wort** - St. John’s Wort has been called the most well-researched herb in the world and has a 2,400 year history of safe use to uplift mood and support emotional balance.

Relax Your Body  
Calm Your Mind

\*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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