



# LIV FACT SHEET

## SereZen: For Serenity and Zen Mind

### Benefits:

- Balance moods, energy
- Reduce anxiety, stress, fatigue
- Memory and mental enhancer
- Helps with addictive behavior
- 100% natural

**SereZen** contains natural ingredients that have been shown to help the body adapt to stress and elevate mood. It includes adaptogenic herbs; herbs that increase the body's ability to adapt to environmental and internal stress by strengthening the nervous, immune, and glandular system.

SereZen's ingredients target two significant chemicals produced in the brain: serotonin and GABA (gamma-aminobutyric acid). These two chemicals are critical in creating emotional balance and mood elevation.

Serotonin is produced naturally by your body's metabolism. 5-HTP is the intermediate step between tryptophan and the important brain chemical serotonin. There is significant evidence that suggests that low serotonin levels are a common consequence of modern living. The lifestyle and dietary practices of many people living in this stress-filled era may result in lowered levels of serotonin. As a result, many people experience bouts of depression, weight issues, sugar and carbohydrate cravings, hyperactivity, compulsive disorders, headaches, and vague muscle aches and pain.

Gamma-aminobutyric acid (GABA), is an amino acid that occurs in the central nervous system and that is associated with transmission of inhibitory nerve impulses. Low levels of GABA may be a contributing factor to a person feeling anxious because GABA deficiencies can negatively affect an individual's ability to manage even the most low-level stressful situations. Increases in GABA leads to improved memory and adaptation to new conditions.

L-Theanine is naturally found in green tea. Research has shown that L-Theanine helps support increased levels of GABA, a brain chemical known for its calming effects, and dopamine, which can promote mood enhancement. It has been shown to reduce mental and physical stress, and improve cognition and mood.

Key Herbal concentrates

Bacopa is known as a Memory Enhancer. Researchers believe that bacopa has the ability to stimulate GABA. Ashwagandha is effective for anxiety, fatigue, foggy thinking, and stress induced insomnia. Clinical Studies support that ashwagandha may be beneficial for reducing anxiety. Ashwagandha may be of particular benefit to athletes because of its ability to reduce cortisol levels, increase energy, optimize hormones, enhance endurance, reduce recovery time between exercise sessions, boost overall exercise performance, improve antioxidant effects, and boost immune system function.

These are just some of the reasons why using SereZen on a daily basis can help you deal with the stresses in your life.

Directions for Use: Spray 3 times on or under the tongue. Repeat 5 times daily.

Ingredients:

5-HTP (from *Griffonia simplicifolia*), L-Theanine (from *Camelia sinensis*), Proprietary Concentrated Blend: Ashwagandha (*Withania somnifera*), Bacopa (*Bacopa monniera*), Milk Thistle (*Silybum marianum*), Eleuthero Root (*Eleutherococcus senticosus*), Schisandra fruit (*Schisandra chinensis*), Rhodiola Root (*Rhodiola rosea*), Magnolia Bark (*Magnolia officinalis*) in a base of vegetable glycerin, purified water, and natural cinnamon oil (*Cinnamomum zeylanicum*) or natural wintergreen oil (*Gaultheria procumbens*)