



LIVFACT SHEET

Your Deep Breath in a Bottle

Benefits:

- Balance moods, energy
- Reduce anxiety, stress, fatigue
- Memory and mental enhancer •
- Helps with addictive behavior
- Clean Ingredients

Calm. Focus. Balance.

Modern life places constant demands on the mind and body. Stress, mental fatigue, poor sleep, overstimulation, and emotional burnout can leave you feeling overwhelmed and drained.

SereZen was formulated to help support emotional balance, mental clarity, relaxation, and the body's natural ability to adapt to stress. Its unique blend of adaptogenic herbs, amino acids, and nootropic ingredients works together to support mood, focus, calm energy, and cognitive wellness—without making you feel sluggish or disconnected.

Supports the Body's Natural Stress Response

SereZen features powerful adaptogenic herbs traditionally used to help the body adapt to physical, emotional, and environmental stress by supporting the nervous, immune, and glandular systems.

These ingredients help support balance during periods of stress while promoting a calmer, more focused state of mind.

Supports Mood & Emotional Balance

SereZen contains ingredients that support two important brain chemicals associated with relaxation and emotional wellness: serotonin and GABA (gamma-aminobutyric acid).

5-HTP

5-HTP is a precursor to serotonin, an important neurotransmitter involved in mood, emotional balance, appetite, and sleep support. Modern stress and lifestyle demands may negatively impact healthy serotonin levels, affecting mood, cravings, focus, and overall well-being.

GABA & L-Theanine

GABA is known for its calming role in the nervous system and is associated with relaxation and stress management. L-Theanine, naturally found in green tea, has been studied for its ability to support relaxation, calm focus, mental clarity, and healthy GABA activity—without drowsiness.

Key Herbal & Nootropic Concentrates

Lion's Mane Mushroom

Lion's Mane is a popular nootropic mushroom known for supporting brain health, focus, memory, and cognitive function. Research has explored its role in supporting nerve growth factor (NGF), which is important for healthy brain and nerve function.

Bacopa

Traditionally used as a memory-support herb, Bacopa is known for supporting learning, focus, mental processing, and cognitive performance.

Ashwagandha

Ashwagandha is one of the most researched adaptogens and is traditionally used to support emotional wellness, stress resilience, mental clarity, energy, and healthy cortisol balance.

Rhodiola

Rhodiola has traditionally been used to support mental stamina, endurance, mood, and focus during times of physical and emotional stress.

Daily Support for Modern Life

Whether you're navigating busy schedules, mental fatigue, overstimulation, demanding workloads, or everyday stress, SereZen is designed to help support a calmer mind, clearer focus, and greater emotional balance so you can feel more centered throughout the day.

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*), Lions Mane (*Hericium erinaceus*), Milk Thistle (*Silybum marianum*), Eleuthero Root (*Eleutherococcus senticosus*), Schisandra fruit (*Schisandra chinensis*), Rhodiola Root (*Rhodiola rosea*), purified water, and natural wintergreen oil (*Gaultheria procumbens*)