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## SereZen Benefits:

Supports positive mood and normal sleep. Helps control appetite. Works to reduce stress and anxiety. Promotes relaxation without drowsiness. Helps improve brain function, memory, and concentration. Supports liver function. Contains adaptogenic herbs which may help the body deal with stress\*.



## Supplement Facts

Serving Size: 3 sprays (5 times per day)

### Amount Per Daily Use:

5-HTP (from *Griffonia simplicifolia*)

50 mg \*

L-Theanine (from *Camelia sinensis*)

20 mg\*

Proprietary Concentrated Blend

210 mg \*

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 wintergreen oil (*Gaultheria procumbens*)

\*Daily Value not established

## Directions:

Spray 3 times on or under the tongue. Repeat 5 times daily if needed.

Warning: Contact your health care provider if you are pregnant, lactating, or taking any prescription drug before using SereZen. \*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.