

SERETONE

PRODUCT INFO SHEET



Description

SereTone is a blend of vitamins and minerals, along with 5-HTP to help support a healthy mood.

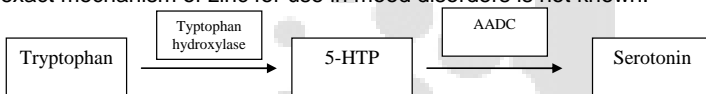
Ingredients

5-HTP (5-hydroxytryptophan) is an amino acid derived from the seeds of *Griffonia simplicifolia*. It plays an important role in the production of serotonin. 5-HTP is the precursor to serotonin from tryptophan. Serotonin is a neurotransmitter (a chemical that sends a message from one nerve to another) known to play a major role in mood. Low levels of serotonin have been associated with mood disorders.

Pyridoxal 5-phosphate, vitamin B₆, also plays an important role in the production of serotonin. Tryptophan hydroxylase, the rate limiting enzyme in neural serotonin synthesis, can be inhibited by pyridoxine deficiency. Pyridoxine is also an important cofactor in the production of AADC (L-amino acid decarboxylase), which converts 5-HTP to serotonin. A study done in 2004, suggests that low pyridoxine levels may be related to symptoms of a mood disorder.

Magnesium insufficiency, like vitamin B₆, can inhibit tryptophan hydroxylase. Both calcium and magnesium deficiency are known to cause mood disorders and anxiety. Studies also suggest a link between folate (folic acid) deficiency and impaired metabolism of serotonin, dopamine, and noradrenaline.

It has been shown that low levels of serum zinc is associated with mood disorders, and is corrected shortly after zinc supplementation. The exact mechanism of zinc for use in mood disorders is not known.



Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

3 capsules contain	Amount Per Serving	% Daily Value
Vitamin B ₆ (as Pyridoxal 5'-Phosphate)	30 mg	1500%
Folic Acid	300 mcg	75%
Calcium (as Citrate)	180 mg	18%
Magnesium (as Buffered Amino Acid Chelate)	150 mg	38%
Zinc (as Chelazome ® Amino Acid Chelate)	15 mg	100%
5-HTP	300 mg	*

* % Daily Value not established

Other Ingredients: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

ID #582090 ~ 90 Capsules

Dosage

SUGGESTED USE: As a dietary supplement, 3 capsules per day or as recommended by your health care professional.

Contraindications

SereTone should not be used with MAOI's, SSRI's, or other anti-depressant drugs. Caution is advised for those with hypercalcemia and kidney failure. Do not consume if you are pregnant or nursing.

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.