

# Sereni-Pro™

## Adrenal Support

### Herbal Adaptogen Formula

#### Product Summary

Ashwagandha (*Withania somnifera*), Siberian ginseng (*Eleutherococcus senticosus*), Lavender (*Lavandula angustifolia*), and Rhodiola (*Rhodiola rosea*), are herbs known for their adaptogenic and calming properties, and that mediate the effects of stress and fatigue. Adaptogens induce stress-protective benefits, mediated through regulation of homeostasis via several mechanisms of action associated with the hypothalamic-pituitary-adrenal axis. Ashwagandha has been found to limit the production of dopamine and other hormones in response to stress, and also acts as a GABA receptor agonist, all which have the effect of reducing the overall stress response. Siberian ginseng root contains eleutherosides known to have anti-fatigue and anti-stress effects, as well as immunomodulatory effects, and clinically has been shown to have therapeutic efficacy for chronic fatigue, stress, and to improve athletic performance. Lavender oil is thought to act on both the central and sympathetic nervous system, and clinically has been shown to have a calming and relaxing effect, promoting an improved sense of well-being. Rhodiola rosea has been clinically shown to improve attention, cognitive function and mental performance, decrease the cortisol response to stress, and to exert an anti-fatigue affect.

#### Unique Features

- Provides broad-spectrum help for a variety of stress-related disorders
- Safe, non-addictive, and may be used long-term
- Herbal formula that contains no glandular extracts
- Anti-stress and antioxidant adaptogens restore and revitalize the body's glands and organs under isolated and chronic stress conditions

#### Sereni-Pro™

Adrenal Support  
Herbal Adaptogen Formula

90 vegetarian capsules

Code: 9280



Actual size: 21.30 mm X 7.46 mm

Feature: Easy-to-swallow vegetarian capsule

## Supplement Facts

Serving Size: 2 capsules

Servings per Container: 45

### 2 Capsules Provide:

Sensoril® Ashwagandha ( <i>Withania somnifera</i> ), powdered extract (root & leaf) .....	250 mg
minimum 8% Withanolides.....	20 mg
Eleuthero ( <i>Eleutherococcus senticosus</i> ), powered extract (root).....	150 mg
0.8% Eleutherosides.....	1.2 mg
Lavender ( <i>Lavandula angustifolia</i> ), powdered extract (aerial).....	150 mg
Rhodiola ( <i>Rhodiola rosea</i> ), powdered extract (root) .....	75 mg
3.5% Rosavins.....	2.6 mg
1% Salidroside.....	0.75 mg

Other Ingredients: Vegetarian capsule (cellulose, purified water, silica), rice powder, magnesium stearate (vegetable grade).

**Contains no artificial preservatives, colours or sweeteners and no dairy, soy, wheat or yeast. Sealed for your protection.**

*Do not use if seal is broken. For freshness, store in a cool, dry place.*

**Suggested Usage:** 1–2 capsules 2 times per day or as directed by a health care professional.

**Contraindication:** Ashwagandha has an immunostimulating effect in some patients, and caution is advised for use in patients with autoimmune disease. Additionally, some data suggests pregnancy is a contraindication for Ashwagandha use. While no specific contraindication is known, data is lacking for use during lactation and in children, and the dosage may need to be reduced for those less than 18.

**Drug Interactions:** Theoretically, the herbs present in Sereni-Pro may have additive effects when used with sedative medications, such as benzodiazepines or CNS depressants, and should be used with caution when taken concomitantly.



· GUARANTEED ·

Bioclinic Naturals products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the Canadian Government and the Therapeutic Goods Administration (TGA) regulations of Australia—among the world’s highest standards for natural products.



Recyclable container

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 Manufactured for and distributed  
 by Bioclinic Naturals™ U.S.  
 1111-80th St. SW, Ste. 100  
 Everett WA, USA 98203  
[www.bioclinicnaturals.com](http://www.bioclinicnaturals.com)  
 1-877-433-9860

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**Head office** Bioclinic Naturals™, 1550 United Boulevard, Coquitlam, BC, Canada V3K 6Y2 | **U.S. Distribution office** 1111 80th St. SW, Suite 100 Everett, WA 98203  
**customer service** 1-877-433-9860 · **fax** 1-877-433-9862 · **email** [customersupport@bioclinicnaturals.com](mailto:customersupport@bioclinicnaturals.com)