



Serenagen™

Helps reduce mental fatigue

Form: Tablets

Flavour: no flavor

Size: 180 Tablets

Medicinal Ingredients

A 4:1 herbal decoction of:

Rehmannia (*Rehmannia glutinosa*, root) 145 mg,
Schisandra (*Schisandra chinensis*, fruit) 60 mg,
Jujube (*Zizyphus spinosa*, fruit) 60 mg, Dong Quai (*Angelica sinensis*, root) 35 mg, Chinese Asparagus (*Asparagus cochinchinensis*, root) 35 mg, Ophiopogon (*Ophiopogon japonicus*, root) 35 mg, Scrophularia (*Scrophularia ningpoensis*, root) 35 mg, Asian Ginseng (*Panax ginseng*, root) 20 mg, Chinese Salvia (*Salvia miltiorrhiza*, root) 20 mg, Poria (*Wolfiporia cocos*, sclerotium) 20 mg, Polygala (*Polygala tenuifolia*, root) 20 mg, Platycodon (*Platycodon grandiflorum*, root) 15 mg

Each tablet contains:

500 mg

breastfeeding; if you are taking diuretics, or if you have hemoptysis or tuberculosis; if you have abdominal distension, diarrhea, or haemorrhagic diseases. Consult your healthcare practitioner prior to use if you are taking any prescription medications; if you have hypermenorrhea, or hematuria; if you have diabetes; if you have intestinal parasites; or if you are taking sedative or depressants such as alcohol, tranquilizers, or sleeping medications. Symptoms of allergy and other mild side effects (headache, dry mouth, nausea, etc.) have been known to occur, in which case discontinue use and consult a healthcare practitioner. Consult a healthcare practitioner for use beyond 3 months. Do not use if perma seal is missing.

This product is non-GMO and gluten-free, and vegetarian.

Non-Medicinal Ingredients: Cellulose, croscarmellose sodium, stearic acid (veg), silicon dioxide, magnesium stearate (veg), and coating (hypromellose, hydroxypropylcellulose, and medium-chain triglycerides).

Recommended Dose: Adults (19 years +) take 3 tablets 3 times daily or as recommended by your healthcare practitioner.

Recommended Use: *Panax ginseng* is used in herbal medicine to help reduce mental fatigue in cases of mental stress.

Caution: For adult use only. Do not exceed the recommended dose. Do not use if you are pregnant or