



## SeroSyn™

**Supports a healthy mood balance**

**Form:** Capsules

**Flavour:** no flavor

**Size:** 90 Capsules

Medicinal Ingredients	Amount
Each capsule contains:	
Chinese Skullcap ( <i>Scutellaria baicalensis</i> L.) 12:1 root extract equivalent to 2.4 g of chinese skullcap	200 mg
L-5-Hydroxytryptophan (5-HTP)	100 mg
Ginseng ( <i>Panax ginseng</i> ) root extract standardized to 8% ginsenosides	100 mg
L-Theanine	80 mg
Vitamin B <sub>6</sub> (pyridoxine HCl)	10 mg
Folate (calcium L-5-methyltetrahydrofolate) <sup>1</sup>	333 mcg
Vitamin B <sub>12</sub> (methylcobalamin)	250 mcg

**Non-Medicinal Ingredients:** Hypromellose, cellulose, silicon dioxide, and stearic acid (veg).

**Recommended Dose:** Adults take 1 capsule 3 times per day with food or as directed by your healthcare practitioner. Use for a minimum of 1 week to see beneficial effects.

**Recommended Use:** 5-HTP helps promote a healthy mood balance. Theanine helps to temporarily promote relaxation. Panax Ginseng helps support cognitive function and reduce mental fatigue.

**Caution:** Do not use if you have scleroderma. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. Some people may experience diarrhea, nausea, vomiting, abdominal pain, and drowsiness. Consult a healthcare practitioner if pregnant or breastfeeding, or if symptoms persist or worsen, if taking carbidopa or drugs/supplements with serotonergic activity, these may include, but are not limited to L-tryptophan, S-adenosylmethionine (SAME), St. John's wort, antidepressants, pain killers, over the counter cough and cold medication containing dextromethorphan, anti-nausea medication and anti-migraine medication. Discontinue use and consult a healthcare practitioner

if you show signs of weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain or if you experience skin changes. Consult a healthcare practitioner for use beyond 1 year. Use for a minimum of 1 week to see beneficial effects. Do not use if perma seal is missing.

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

<sup>1</sup>Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany.