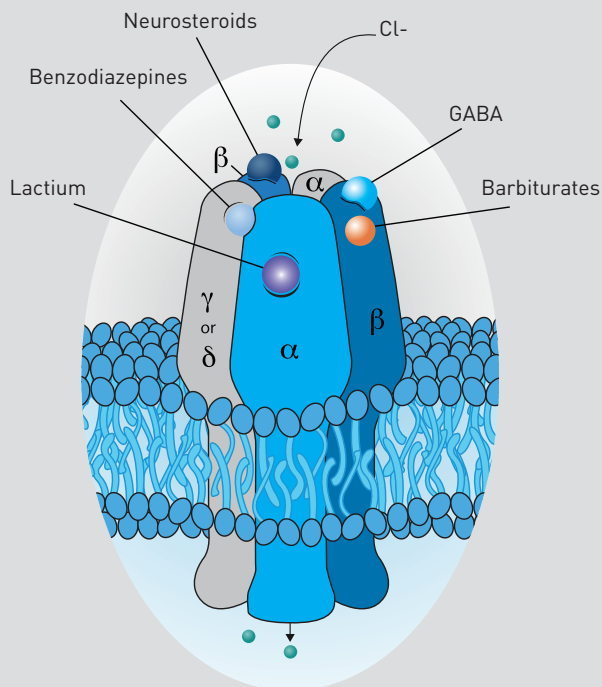


## Lactium® Mechanism of Action

Lactium® binds specifically to the BZD site of the GABA-A receptor. Unlike benzodiazepines, the alpha-1 peptide does NOT bind to the PBR site of the GABA-A receptor, the site responsible for the sedating side effects of benzodiazepines.

(Miclo L, et al. FASEB J. 2001 Aug;15(10):1780-2. Guesdon B, et al. Peptides. 2006 Jun;27(6):1476-82.)

### GABA<sub>A</sub> RECEPTOR



Sereniten Plus features Lactium® casein decapeptide with supporting ingredients L-Theanine and Vitamin D<sub>3</sub>

### Formula Actions:

- Assists in rebalancing the Hypothalamic-Pituitary-Adrenal (HPA) pathway<sup>†</sup>
- Supports relaxation and sleep<sup>†</sup>
- Helps to support healthy cortisol response during periods of stress<sup>†</sup>

When the negative feedback loop within the HPA axis is disrupted, continuous hormonal secretion becomes "normal." In this state, people either fail to recognize they are stressed or may experience exaggerated emotional and physical responses to every stressor, including intolerance to noise or light, food cravings, poor sleep, decreased energy, weight gain, or feeling overwhelmed by simple tasks. As stress affects so many aspects of human health, rebalancing the HPA axis has become crucial.<sup>†</sup>

### HPA AXIS

