

## Sereniten Plus

Stress/Relaxation Support Formula‡

### DESCRIPTION

Sereniten Plus is a unique combination of clinically studied Lactium® casein decapeptide, L-theanine, and vitamin D to support the hypothalamic-pituitary-adrenal (HPA) axis and feedback loop. This formula supports stress management, cortisol regulation, and stress-related metabolic functions.‡

### INDICATIONS

- Supports stress management ‡
- Promotes sleep quality and relaxation ‡

### FUNCTIONS AND MECHANISM OF ACTION

The neurochemical and hormonal reactions to stress are regulated through the HPA axis, designed for acute stressors that resolve rapidly. Ongoing stress results in the continual release of corticotrophin-releasing hormone from the hypothalamus. This constant secretion affects the HPA axis function and can result in desensitization of the hypothalamic and pituitary receptors, and lead to diminished negative feedback on end hormones such as cortisol. Attenuation of the negative feedback axis is generally associated with inferior vascular components and cognitive function. Additionally, it modulates glucocorticoid release, which has direct effects on cardiovascular health. These changes may also contribute to visceral body fat. The impact of stress makes it crucial to rebalance the HPA axis. Lactium® is a bioactive milk decapeptide isolated from casein that supports the HPA pathway. In a clinical study, individuals who supplemented with Lactium® had a healthy cortisol response by the adrenal glands when subjected to a stress test. Lactium® has also been demonstrated to promote sleep and sleep quality, which is associated with cognitive function and working memory. *In vivo* research shows that Lactium® re-establishes receptor sensitivity feedback within the HPA-axis by enhancing hypothalamus sensitivity to cortisol. The HPA axis impacts a multitude of metabolic functions, as demonstrated by clinical studies in which Lactium® supplementation was shown to support stress-related sleep and digestive, cardiovascular, and cognitive health, as well as provide a calming effect.‡

L-theanine is an amino acid contained in green tea leaves that provides stress-management support, which has been demonstrated in clinical and *in vivo* studies. L-theanine works by modulating cortical neuron excitation to moderate psychological and physiological stress responses. Vitamin D has been included in this formula due to its importance in immune function and stress response. Vitamin D also has many other roles in the body, including modulation of cell growth and cell signaling, metabolic health, and cognitive/mood support.‡

### FORMULA (#201348)

Serving Size 1 Vegetarian Acid-Resistant Capsule:

Vitamin D <sub>3</sub> (as cholecalciferol) .....	2.5 mcg (100 IU)
Casein Decapeptide (milk, Lactium®) .....	175 mg
L-Theanine (Suntheanine®) .....	50 mg

Other ingredients: Microcrystalline cellulose, hydroxypropyl methylcellulose (capsule) and silica

Contains: Milk

### SUGGESTED USE

Adults take 1 capsule daily on an empty stomach or as directed by a health professional.

### WARNING

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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**For more information on Sereniten Plus, visit [dougslabs.com](http://dougslabs.com)**

‡These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure, or prevent any disease.

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