



Sereniten Plus

NPN 80087511



What Is It?

Sereniten Plus provides a unique blend of clinically researched Lactium®, L-theanine and vitamin D, designed to help temporarily reduce symptoms of mild mental and physical stress. Lactium® is a unique, bioactive, milk-based peptide developed to target stress-related symptoms, including positive mood, healthy digestion, sleep, and cardiovascular and cognitive function. L-theanine provides complementary support, while vitamin D supports immune function.

Features

- Helps temporarily reduce symptoms of mild mental and physical stress with a blend of Lactium®, L-theanine and vitamin D
- Helps maintain immune function during stress
- Vegetarian

Uses For Sereniten Plus

Relaxation: The clinically researched bioactive casein decapeptide (10-chain amino acid alpha-1 sequence polypeptide) Lactium® was developed to target stress-related symptoms. In one 30-day study, subjects supplemented with 150 mg Lactium® daily reported statistically significant support for multiple stress-related effects, including digestion, mood, relaxation, sleep, and cardiovascular and cognitive function. In studies where individuals or animals were exposed to mild stressors, supplementation helped moderate healthy heart rate and blood flow, as well as plasma cortisol. Cortisol is released by the adrenal glands during acute and chronic stress. In another study, Lactium® promoted the onset of sleep and healthy sleep quality. Healthy sleep quality has been associated with cognitive function and working memory. Sleep also has been tied to metabolic health, including mitochondrial function, visceral fat deposition, alterations in gut barrier function, and changes in gut microbiota. L-Theanine, a unique amino acid derived from green tea, is responsible for its characteristic taste. L-Theanine has also been discovered as an important biologically active constituent of green tea, and its safety is supported in studies and by its long history of safe consumption in tea. Preclinical research suggests that vitamin D plays a role in promoting healthy immune biomarkers, and may be particularly important for individuals with certain genetic variations.

What Is The Source?

Lactium® is derived from milk (hydrolysis of casein), sourced from cows in France not exposed to BSE nor fed GMO feed. Suntheanine® L-theanine is produced from enzymatic fermentation. Vitamin D₃ is derived from the cholesterol in lanolin, the fat found in wool. Hypoallergenic plant cellulose is derived from pine.

Recommended Dose

Adults: Take 1 capsule daily or as recommended by a healthcare practitioner. Consult a healthcare practitioner for use beyond 1 month.

Warning

Do not use if you are pregnant, breastfeeding or allergic to milk protein. Consult a healthcare practitioner prior to use if you are taking antidepressant or anxiolytic medications.

Sereniten Plus

| Medicinal Ingredients (per capsule) | NON GMO | v | 0 |
|--|------------|---|---|
| Lactium® Milk Protein Hydrolysate..... | | | |
| (alpha S1-casein tryptic hydrolysate) | | | |
| Suntheanine® L-Theanine..... | | | |
| Vitamin D ₃ (cholecalciferol)..... | | | |
| Non-Medicinal Ingredients: Hypoallergenic plant cellulose, vegetarian capsule (hypromellose, water), silica. | | | |
| Contains: Milk | | | |

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