

Maintaining stillness in today's hectic world can be challenging.



SereniSelect™ provides natural support for relaxation and calmness with a unique and potent blend of 3 clinically researched & time-honored ingredients.\*

The National Institutes of Health estimate that 40 million Americans experience overwhelming levels of anxiety and stress. Successful coping strategies include **lifestyle modifications** such as meditation, yoga and deep breathing, and **supportive dietary habits** such as limiting intake of caffeine, refined sugar and processed foods.\*



**Thoughtful, targeted supplementation** can provide additional support for attaining a relaxed mood and serene mind. Each nutrient and botanical in SereniSelect™ is researched for offering safe & beneficial calming effects.\*

- **GABA (Gaba Aminobutyric Acid)** - A calming inhibitory neurotransmitter found naturally in the brain and gastrointestinal tract, GABA helps support healthy mood regulation and enables the relaxation of tense muscles.\*
- **L-Theanine** - A soothing compound found naturally in tea, L-Theanine has been researched to help promote feelings of relaxed, alert calmness and to help support restful sleep. Provided in its well-studied, patented form: Suntheanine®.\*
- **Holy Basil (Tulsi)** - This restorative Ayurvedic adaptogen helps to balance stress, support tranquil mind states and calm nerve pain. Tulsi also balances metabolic markers, and provides antioxidant, anti-microbial & anti-inflammatory benefits.\*

**Supplement Facts**

Serving Size: 2 Capsules  
Servings Per Container: 30 and 60

	Amount Per Serving	% Daily Value
GABA (Gamma-Aminobutyric Acid)	550 mg	**
L-Theanine (as Suntheanine®)	200 mg	**
Holy Basil leaf extract (Ocimum sanctum) (2.5% ursolic acid)	100 mg	**

\*\* Daily Value not established.

SereniSelect™

available in bottles of 60 & 120 Vegetarian Capsules

**Recommended Usage:** 2 capsules between meals, one or two times per day or as directed by your health care professional.

**Other ingredients:** Cellulose (capsule), microcrystalline cellulose, silicon dioxide, vegetable stearate.

**Does not contain gluten.**

with Suntheanine®

Suntheanine® is a registered trademark of Taiyo International.

\*DISCLAIMER: 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.