

Serenaquil

Serenaquil

Serenaquil's blend of synergistic ingredients support and enhance the benefits of each ingredient, making Serenaquil the best and most effective calming and mood enhancing product on the market today.

The effective ingredients in Serenaquil have been used for decades by traditional herbalists for their calmative properties. These all natural ingredients have been proven to reduce stress and elevate mood. The ingredients in Serenaquil's proprietary blend have been found effective in reducing stress and worry in dozens of clinical studies.

Serenaquil acts quickly to help relieve sudden stress, often within 15-30 minutes. With continued use, Serenaquil's benefits will increase over time because the active ingredients found in Serenaquil help support your body to increase production of your body's own natural calmative substances.

*Doctor Formulated
Stress Relief*

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 60

	Amount Per Serving	%DV
Magnesium (as Magnesium Taurinate)	60 mg	14%
Potassium (as Potassium Citrate)	24.7mg	1%
Passion Flower Herb Extract	250 mg	†
L-Theanine	175 mg	†
Ashwagandha Root Powder	125 mg	†
Valerian Root Powder	100 mg	†
Gamma Aminobutyric Acid (GABA)	100 mg	†
Hops Flower Powder	85 mg	†
5-HTP (Hydroxytryptophan)[from Griffonia Simplicifolia Seed Extract]	70 mg	†

† Daily Value not established
Other Ingredients: Microcrystalline Cellulose, Steric Acid, Dicalcium Phosphate, Croscarmellose Sodium, Magnesium Stearate, Silicone Dioxide, and Pharmaceutical Glaze, (Shellac povidone)

"I have been on different anxiety meds for 10-15 years. I never felt right. Either I felt like a zombie or just felt no emotion at all. I got off the meds and started taking Serenaquil and have not had any anxiety and felt much better than when I was on the meds. I feel more like myself, and I have clarity of thought. If you are looking for a natural alternative for your anxiety, I highly suggest Serenaquil!"

~Dr. Erin Jacobs Stagner

NATURAL
Stress Support



Take back your life!

**Doctor
Formulated**



Potassium



Potassium is an extremely important mineral in the body. It is necessary for nerve transmission and muscle contraction. Severely depleted levels can be life threatening.

More commonly seen low levels can cause mental fatigue, irritability, stress, anxiety, and mood swings. Supplementing the body with potassium to achieve optimal levels can help relieve these symptoms.

Valerian Root



Valerian Root is often referred to as "nature's Valium." In fact, this herb has been used since ancient times to promote tranquility and improve sleep. Valerian root is native to Europe and Asia but does grow in the USA.

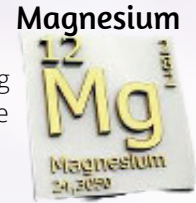
In studies, Valerian Root was shown to decrease the time needed to fall asleep. It was also shown to increase the quality of sleep by calming the mind. This benefit was found to be even greater when combined with Hops which are also an effective ingredient in Serenaquil.

Ashwagandha



Ashwagandha has been used in the Indian tradition of Ayurveda medicine for centuries. It was used in health tonics and calming serums. Recent studies demonstrate that Ashwagandha is a powerful antioxidant that can be helpful in treating anxiety symptoms, depression, and especially panic attacks and phobias.

Magnesium deficiency is one of the leading causes of stress, anxiety, and insomnia. The western diet tends to be lacking in this critical element.



Research now shows that as magnesium levels drop, symptoms of stress, anxiety and depression can increase. Research has suggested that taking magnesium for stress is the most natural way of becoming less anxious and more relaxed.

L-Theanine



L-Theanine, an amino acid found in green tea, produces a pronounced feeling of tranquility in as little as 15 minutes. L-Theanine increases the activity of GABA, a neurotransmitter (natural chemical messenger in the brain) that promotes relaxation and reduces stress. L-Theanine also stimulates the release of dopamine, a neurotransmitter responsible for confidence.

5-Hydroxytryptophan is a naturally occurring amino acid in the body required for the production of Serotonin. Serotonin is your body's own natural mood elevating neurotransmitter. Supplementing 5-HTP with Serenaquil provides the body with more of the building blocks needed to make the Serotonin that is important for mood, stress, appetite, sleep, and impulse control.

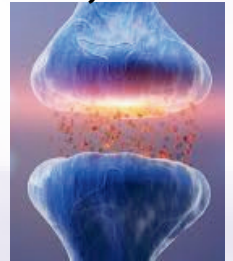
5-HTP



For centuries, herbal medicine practitioners have used Passion Flower as a natural remedy for anxiety, stress, and insomnia. Modern clinical studies show that Passion Flower extract significantly lowers anxiety and stress levels and promotes a more tranquil frame of mind. Studies also indicate that Passion Flower can reduce anxiety-related discomfort caused by withdrawal from opiates and other drugs.

Gama Amino Butyric-Acid (GABA)

is an amino acid. It is the main inhibitory (calming) neurotransmitter in the brain. GABA is a natural calming agent that prevents excessive muscle tension and helps our bodies make endorphins, chemicals that make us feel happy.



Deficiencies of GABA in the brain have been linked to insomnia and feeling anxious, stressed, dense, and depressed.

HOPS



Hops naturally promotes relaxation in the body. Hops interact with several brain chemicals to exert a sedating effect. Most notably, hops seem to affect the inhibitory neurotransmitter GABA reducing neurologic activity, thereby promoting relaxation and sleep. It may also affect serotonin, a neurotransmitter involved in sleep regulation and mood.