Bills! Deadlines! Kids! When we're stressed, our bodies unleash a cascade of over 500 biochemical events which, left unchecked, can drain our energy and make us unable to think clearly. You may not be able to control all of the events or people causing stress in your life, but you can control how your body deals with occasional stressors. There are many ways to help your body handle stress: exercise, meditation, lifestyle changes and yes, traditional herbal compounds and scientifically formulated supplements.

All of Source Naturals' SERENE SCIENCE® products have individual benefits for you, chosen to address the different ways our bodies react to stress. Whether your concern is occasional sleeplessness, jittery feelings, temporary anxiety, muscle tension, moodiness or attention lapses, SERENE SCIENCE can help you relax, feel peaceful and more balanced. When we're serene, our thoughts are clear and our minds more focused, enabling us to accomplish what we want to in life.*
-Tryptophan

Positive Mood
The essential amino acid -tryptophan helps support relaxation, a positive outlook, and restful sleep. It is a precursor to both melatonin and serotonin, a hormone and a neurotransmitter respectively, involved with mood and sleep/wake cycles.*

What Is It and Where Is It From?
-tryptophan is an essential amino acid that supports production of chemicals that enable the brain to maintain a positive outlook, to relax, and to fall into deep, restful sleep. -tryptophan supports the body’s production of 5-HTP and from that, the neurotransmitter serotonin is made, which is involved in control of mood, appetite, intestinal movement, sleep, memory, learning, the body’s temperature, behavior and many sexual responses.*

What Are the Benefits of -tryptophan?

• Supports serotonin production for positive outlook and good mood.
• Can be used for the production of natural melatonin to support restful sleep.*

Stress can have a significant effect on sleep, and no one likes how occasional lack of sleep can drag us down. The need for adequate sleep is a biological drive similar to hunger and thirst, required for people to function best and stay healthy.

Without quality sleep, people experience reduced concentration and poor performance. Sleep is biologically critical for reasons that we don’t really understand. It is especially important to get plenty of rest when you are sick.* Stress can leave us feeling tense and moody. -tryptophan is welcome in many homes where it may help support good feelings in stressful times.*

A Whole Line for Soothing Relaxation
Source Naturals SERENE SCIENCE offers a soothing, calming line of exemplary stress-reducing formulas.*

-THIANINE—Focused Relaxation
THIANINE SERENE®—Calm Mind and Body
THIANINE SERENE® with RELORA®—Calm Mind and Body
KABA—For Occasional Anxiety
GABA—Calm Mind
GABA CALM™ LOZENGES—Calm Mind
HOLY BASIL—Adrenal Support
MAGNESIUM SERENE™—Peaceful Body
L-TRYPTOPHAN—Positive Mood*

Visit SereneScience.com to learn more about stress and find the serene that works for you.

Prices and ingredients are subject to change without notification.