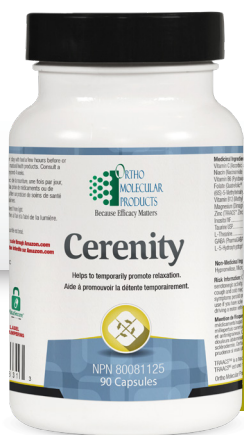


# CERENITY



## RECOMMENDED USE

- Helps to temporarily promote relaxation
- Provides antioxidants that help to protect cells against the oxidative effect of free radicals

## RELAXATION PROMOTION

Cerensity is a comprehensive formula that contains gamma-aminobutyric acid (GABA) to temporarily promote relaxation. The formula also provides antioxidants to combat free radical stress.

### Overview

Neurotransmitters are the chemical messengers that regulate mood, memory, sleep cycle and daily stress. Adequate neurotransmitter production depends on an adequate supply of amino acids, vitamins and minerals in the diet. High levels of stress, dietary deficiencies, genetics, medications and toxins all play a role in neurotransmitter depletion.

### PharmaGABA™

Gamma-amino butyric acid (GABA) is one of the major inhibitory neurotransmitters in the brain that naturally provides a calming effect on the body. Cerensity includes a patented, naturally-sourced, non-synthetic form of GABA called PharmaGABA™. It is produced naturally by the friendly bacteria, *Lactobacillus hilgardii*. In a double-blind study using healthy volunteers, EEG readings were obtained after 100 mg of PharmaGABA™ was administered. PharmaGABA™ produced a significant increase in alpha waves, as well as a significant decrease in beta waves, when compared to the control group.<sup>1</sup> Alpha brain waves are associated with relaxed focus, while beta waves are associated with restlessness and scattered thoughts. Therefore, an increase in alpha to beta waves is associated with a temporary state of centered relaxation.

### Recommended Dose

**Adults:** Take 3 capsules once per day with food a few hours before or after taking other medications or natural health products. Consult a healthcare practitioner for use beyond 4 weeks.

### Medicinal Ingredients (per capsule)

Vitamin C (Ascorbic acid USP).....	16.67 mg
Niacin (Niacinamide USP) .....	3.33 mg
Vitamin B6 (Pyridoxal 5'-phosphate).....	3.33 mg
Folate (Quatrefolic®)	
(6S)-5-Methyltetrahydrofolic acid, glucosamine salt).....	133.33 mcg
Vitamin B12 (Methylcobalamin).....	66.67 mcg
Magnesium (Dimagnesium malate) .....	25 mg
Zinc (TRAACS™ Zinc bisglycinate) .....	1.67 mg
Inositol NF.....	333.33 mg
Taurine USP.....	100 mg
L-Theanine.....	33.3 mg
GABA (PharmaGABA™ gamma-Aminobutyric acid, Glutamic acid) .....	33.3 mg
L-5-Hydroxytryptophan ( <i>Griffonia simplicifolia</i> , Seed) .....	25 mg

### Non-Medicinal Ingredients

Hypromellose, Microcrystalline cellulose, Magnesium stearate, Silicon dioxide.

### Risk Information

Consult a health care practitioner prior to use if you are pregnant or breastfeeding, and/or if you are taking carbidopa or drugs/supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, S-adenosylmethionine (SAME), St. John's wort, antidepressants, pain killers, over the counter cough and cold medication containing dextromethorphan, anti-nausea medication and anti-migraine medication.

Discontinue use and consult a health care practitioner if symptoms persist or worsen or you show signs of weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain or if you experience skin changes. Do not use if you have scleroderma. Some people may experience diarrhea, nausea, vomiting, abdominal pain, and/or drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.

To be sure this product is right for you always read and follow the label.

## References

1. Abdoua AM, Higashiguchi S, Horie K, et al. Relaxation and immunity enhancement effects of  $\gamma$ -Aminobutyric acid (GABA) administration in humans. *BioFactors* 2006;26: 201-208.