SereTone
Product #582

**Supplement Facts**
- Serving Size: 3 Capsules
- Servings Per Container: 30

| Vitamin B6 (as Pyridoxal 5'-Phosphate) | 30 mg | 1500% |
| Folic Acid | 300 mcg | 75% |
| Calcium (as Citrate) | 180 mg | 10% |
| Magnesium (as Buffered Amino Acid Chelate) | 150 mg | 38% |
| Zinc (as Chelazome® Amino Acid Chelate) | 15 mg | 100% |
| 5-HTP | 300 mg | * |

* % Daily Value not established

**Dose Form:**
Two-piece vegetable capsule

**Other Ingredients:**
Other Ingredients: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

**Product Rationale:**
SereTone is a blend of vitamins and minerals, along with 5-HTP that have been shown to support those with mild mood disorders, sleeplessness, and mild to moderate anxiety.

**Ingredient Information:**
- **Zinc:**
  - Evidence suggests that zinc supplementation may help with mood disorders, although the exact mechanism is not fully understood9.
  - Zinc induces brain derived neurotrophic factor (A type of neurotrophic factor which regulates neuronal growth, survival, and function during development and in the adult brain) gene expression and increases level of synaptic pool of zinc in the hippocampus9.
  - A placebo controlled, double blind pilot study of zinc supplementation in antidepressant therapy was conducted. Patients received 25 mg/day of zinc or placebo and were treated with standard antidepressant drugs. Patient’s status was evaluated before the treatment and 2, 6, and 12 weeks after. Zinc significantly reduced depression scores after 6 and 12 weeks3.

- **5-HTP:**
  - 5-HTP is a precursor to serotonin. 5-HTP can cross the blood brain barrier easily, and increases central nervous system synthesis of serotonin4.
  - Patients with mood disorders typically have significantly lower plasma tryptophan, which is the amino acid precursor to 5-HTP4.
  - 26 depressed patients were randomized to receive either chlorimipramine with 5-HTP (300mg/day) or chlorimipramine and placebo. Those receiving the 5-HTP had a 56% reduction in HAM-D (The Hamilton Rating Scale for Depression) scale compared to 41% in the placebo group7.

- **Vitamin B6:**
  - Tryptophan hydroxylase is the rate limiting enzyme in neuronal serotonin synthesis. Pyridoxine deficiency can inhibit this enzyme, decreasing the synthesis of serotonin4.
  - 5-HTP is converted to serotonin by the enzyme L-amino acid decarboxylase (AADC). Pyridoxine is a cofactor for AADC4.
  - In 140 participants, symptoms of depression were evaluated by the Major Depression Inventory, and markers of vitamin B deficiency were measured. It was found that 18 individuals were depressed. Low plasma levels of pyridoxal phosphate were associated with depression5.

- **Magnesium:**
  - Magnesium deficiency is known to cause mood disorders. Magnesium ions regulate calcium ion flow in neuronal calcium channels. In deficiency states, neuronal damage may occur which may present as depression7.

- **Folic Acid:**
  - Depression, anxiety, irritability and fatigue are all symptoms of folic acid deficiency9. Lower serum folate concentrations are associated with depression9.
  - Studies suggest a link between folate deficiency and impaired metabolism of serotonin, dopamine, and noradrenaline9.
Dose:
As a dietary supplement, 3 capsules per day or as recommended by your health care professional.

Contraindications, Adverse or Other Reactions:
At the recommended dose, few side effects have been reported in the literature.

References: