

SeroPlus

From the PureSYNAPSE™ product line; supports serotonin production to help promote mood, relaxation and healthy eating behavior[†]

INDICATIONS

- Ages 18 and up
- Positive mood and relaxation support[†]
- Healthy eating behavior support[†]

BENEFITS

- Promotes serotonin synthesis to support relaxation, moderate occasional stress and maintain healthy eating behavior[†]
- Provides neurotransmitter precursors to help balance serotonin function[†]
- Maintains healthy serotonin activity and reuptake[†]

FEATURES

- Blend of serotonin cofactors and precursor
- Contains Metafolin® L-5-MTHF, the universally metabolized and biologically active form of folate
- Part of the PureSYNAPSE™ line
- Made with high-quality vegetarian ingredients backed by verifiable science

VERIFIABLE SCIENCE

SeroPlus promotes serotonin synthesis to support relaxation, moderate occasional stress and maintain healthy eating behavior. This formula provides the serotonin precursor, 5-HTP, and inositol, which supports healthy sensitization of serotonin receptors.² Taurine also supports healthy serotonin activity, potentially by maintaining healthy reuptake.³ Niacinamide and zinc enhance 5-HTP availability.^{4,5} This formula includes the cofactors magnesium, vitamin C, vitamin B₆ and Metafolin® L-5-MTHF to support serotonin production and positive mood.^{6,7,8} In a randomized, controlled trial involving elderly individuals, magnesium offered statistically significant support for positive mood.⁹ In another double-blind, randomized and placebo-controlled trial involving young women, zinc supplementation offered statistically significant support for positive mood.^{10†}

SUGGESTED USE

As a dietary supplement, take 2 capsules, 1-2 times daily, between meals.

STORAGE

Store in a cool, dry place.

WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, particularly psychiatric medications, consult your health professional before use. Do not use concurrently with antidepressants.

SOURCE

- Ascorbic acid is derived from corn dextrose fermentation
- Niacinamide, pyridoxal 5' phosphate, folate (Metafolin®, L-5-MTHF) and taurine are synthetic
- Magnesium and zinc are derived from the lime of rock
- 5-Hydroxytryptophan is derived from *Griffonia simplicifolia* seeds
- Myo-inositol is derived from rice bran

NOTES

Size 00 caps

Bottle count 120

Order code SOP1

Bottle size 290 cc

REFERENCES

1. Emanuele E, et al. *Neuro Endocrinol Lett.* 2010;31(5):663-6.
2. Gianfranco C, et al. *Hum Psychopharmacol.* 2011 Oct;26(7):526-30.
3. Becquet D, et al. *Neurochem Int.* 1993 Sep;23(3):269-83.
4. Prousky JE. *J of Orthomolecular Medicine.* 2005. 20(3); 167-178.
5. Nowak G, et al. *Pol J Pharmacol.* 2003 Nov-Dec;55(6):1143-7.
6. de Oliveira IJ, et al. *Pak J Biol Sci.* 2015 Jan;18(1):11-8.
7. Doll H, et al. *J R Coll Gen Pract.* 1989 Sep;39(326):364-8.

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8. Papakostas GI, et al. *J Clin Psychiatry*. 2014 Aug;75(8):855-63.
9. Jacka FN, et al. *Aust N Z J Psychiatry*. 2009 Jan;43(1):45-52.
10. Sawada T, et al. *Eur J Clin Nutr*. 2010 Mar;64(3):331-3.

SUPPLEMENT FACTS

2 capsules, 1-2 times daily, between meals or with low protein foods.

Two (size 00) vegetarian capsules contain:

Vitamin C (as ascorbic acid)	100 mg
Niacin (as niacinamide)	20 mg
Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆)	6.7 mg
Folate (as Metafolin®, L-5-MTHF) 833 mcg DFE (L-5-MTHF 500 mcg)	
Magnesium (as di-magnesium malate)	100 mg
Zinc (as zinc picolinate)	10 mg
5-Hydroxytryptophan	100 mg
Inositol (as myo-inositol)	500 mg
Taurine (free-form)	200 mg
Other ingredients: vegetarian capsule (cellulose, water)	

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

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SeroPlus	Quantity	Order Code
	120	SOP1

Visit PureEncapsulationsPro.com for more information about our GMO policy.