

Sereniten Plus features Lactium® casein decapeptide with supporting ingredients L-theanine and vitamin D₃

Formula Actions:

- Assists in rebalancing the Hypothalamic-Pituitary-Adrenal (HPA) pathway[†]
- Supports relaxation and sleep[†]
- Helps to support healthy cortisol response during periods of stress[†]

When the negative feedback loop within the HPA axis is disrupted, sustained hormonal secretion becomes “normal.” In this state, people either fail to recognize they are stressed or may experience exaggerated emotional and physical responses to every stressor, including intolerance to noise or light, food cravings, poor sleep, decreased energy, weight gain, or feeling overwhelmed by simple tasks. As stress affects so many aspects of human health, rebalancing the HPA axis has become crucial.[†]

