

# SERENITY

## Aromatic vegecaps

60 vegecaps per container



### Ingredients:

- 50 mg CTEO per capsule: *Mandarin (peel), Ravintsara, Lavender super, Marjoram, Labrador tea, Roman chamomile.*
- Baobab powder (organic) 400 mg / capsule

### Main properties:

- **Sedative, important nervous calmant** (calms the sympathetic NS and stimulates the parasympathetic NS)
- **Relaxant, inducer of sleep**
- Antispasmodic
- Antidepressant

### Main advantages:

- Superb tolerance after ingestion - no side effects
- No phenomenon of addiction or habituation
- Effective calming, nerve balancing and relaxing effect
- Direct effect on the autonomic nervous system  
→ synergy in action between the stimulation of the parasympathetic (calmative) and the repression of the sympathetic NS (tonic)



### Main indications:

- Stress, mild to moderate anxiety
- Prevention of anticipated stress (exams)
- Difficulty falling asleep
- Depression, overload of work

### Directions for use:

#### *Prevention:*

1 to 3 capsules/day with the meals  
or 2 capsules one hour before the stress related event

#### *Inducer of sleep:*

2 capsules 30 minutes before going to sleep

#### *In case of stress, depression...:*

2 capsules, 3 times/day with meals, for a minimum of 20 days  
May be repeated after a 10 day break (if necessary)

### Precautions:

Preferably not to be taken by children until 6 years of age, pregnant and breastfeeding women, except under professional advice. Do not combine with blood thinning medication. Keep out of reach of children. Store below 25°.

*This nutritional supplement has not been evaluated by the Medicines Control Council and is not intended to diagnose, treat, cure or prevent any disease. This is not a medication. Properties, indications and directions for use mentioned are strictly for information purposes only (FIPO).*