

**Sereniten Plus**

NPN 80061493

**DESCRIPTION**

Sereniten Plus is a combination of Lactium® milk protein hydrolysate, L-Theanine and Vitamin D. Lactium® milk protein hydrolysate contains a bioactive decapeptide that helps temporarily reduce symptoms of mild mental and physical stress. Vitamin D is a factor in the maintenance of good health, and helps in the development and maintenance of bones and teeth.

**FUNCTIONS**

The neurochemical and hormonal reactions to stress are regulated through the Hypothalamic-Pituitary-Adrenal axis (HPA axis), which is designed for acute stressors that resolve rapidly. Present day chronic, low-grade stress results in the continual release of CRH (Corticotrophin Releasing Hormone) from the hypothalamus. This chronic secretion causes dysfunction in the HPA axis, desensitizing the hypothalamic and pituitary receptors to negative feedback from adrenaline, noradrenalin and, in particular, cortisol. Loss of negative feedback within the neuro-hormonal system can result in a multitude of health issues. When the negative feedback loop within the HPA-axis is disrupted, chronic hormonal secretion becomes “normal.” In this state, people either fail to recognize they are stressed, or may experience exaggerated emotional and physical response to every stressor, including intolerance to noise or light, or feeling overwhelmed by simple tasks. Stress affects so many aspects of health that it is becoming crucial to rebalance the HPA-axis. Lactium®, a bioactive milk protein hydrolysate isolated from cow’s milk, helps to temporarily reduce symptoms of mild mental and physical stress by mediating three areas of the HPA-axis.

Studies involving humans using alpha-S1-casein tryptic hydrolysate, the active peptide of Lactium®, have indicated calming effects. In participants subject to induced stress, one randomized control study found that alpha S1-casein hydrolysate, the active peptide of Lactium, decreased plasma cortisol levels and lowered heart rate compared to controls. Another study found that alpha S1-casein hydrolysate also improved feelings of well-being and digestion among stressed women.

Sereniten Plus also contains L-theanine and vitamin D. L-Theanine is a unique amino acid originally found in green tea, while vitamin D helps maintain good health and supports bone health.

**INDICATIONS**

Temporarily reduces symptoms of mild mental and physical stress

**FORMULA (#201348)**

Each Capsule Contains:

- Milk protein hydrolysate  
(alpha S1-casein tryptic hydrolysate) (Lactium®)..... 157.5 mg
- L-Theanine (Suntheanine®) .....50 mg
- Vitamin D<sub>3</sub> (cholecalciferol).....2.5 mcg (100 IU)

Non-Medicinal Ingredients: Hypromellose (capsule), cellulose, silica.

Lactium® is a registered trademark used under license.

Suntheanine® is a registered trademark of Taiyo International Inc.

**SUGGESTED USAGE**

Adults: Take 1 capsule daily, or as directed by your healthcare practitioner. Consult a healthcare practitioner for use beyond 1 month.

**RISK INFORMATION**

Do not use if you are pregnant, breastfeeding or allergic to milk protein. Consult a healthcare practitioner prior to use if you are taking antidepressant or anxiolytic medications.

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### STORAGE

Store in a cool, dry place. Keep out of reach of children.

### REFERENCES

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**For more information on Sereniten Plus visit [douglaslabs.ca](http://douglaslabs.ca)**

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