

# Seratonin™

Neurotransmitter and Glucose Control\*



#76020, 90 Vegetarian Capsules

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## The Key Features of Seratonin™, a Dietary Supplement

- Provides nutritional support for key neurotransmitters\*
- May enhance healthy moods and sound sleep\*
- May support blood sugar within normal levels\*

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## Description

Seratonin™ is a patented nutritional formula designed to enhance healthy moods and sound sleep.\* Seratonin™ contains a combination of nutrients formulated to support a balance of two key brain neurotransmitters, norepinephrine and serotonin.\* Additionally, the formula provides nutritional support for blood sugar within normal levels.\*

The formula for Seratonin™ emerged from the work of John Allocca, Sc.D, Ph.D., a medical research scientist who developed the first migraine brain chemistry model in 1997. In this model, a key role is played by low serotonin levels. Chronic low serotonin often results in some degree of difficulty sleeping and mild depression. But a variety of stressors, including allergy-causing foods, environmental allergies, physical and/or emotional stress, hormonal

imbalances and others, can trigger severe serotonin depletion, which then results in a loss of vasomotor control and migraine symptoms.

Seratonin™ contains nutrients that help to both produce and maintain serotonin and epinephrine levels, so that even when a stressor triggers high amounts of norepinephrine to be used up, and serotonin to drop, the supply in the body of both will be adequate to maintain normal function.\* By supporting the body and the brain in their production of serotonin and helping them to maintain adequate levels consistently, resilience to environmental and other triggers can be improved.\*

For best results when using Seratonin™, avoid eating foods containing tyramine (aged cheese, over-ripe fruit, red wine, etc.), processed foods and sugar.

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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Serving Size: 3 Capsules  
Servings Per Container: 30

**Amount Per Serving:**

Vitamin C (as Calcium Ascorbate)	140 mg
Niacin (as Inositol Hexanicotinate and Chromium Nicotinate)	81 mg
5-Methyltetrahydrofolate ((from (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)	400 µg
Calcium (as Calcium Ascorbate)	17 mg
Magnesium (as Magnesium Citrate)	162 mg
Zinc (as Zinc Citrate)	15 mg
Copper (as Copper Sebacate)	1 mg
Chromium (as Chromium Nicotinate)	502 µg
Vanadium (Vanadyl Sulfate)	1.4 mg
5-L-Hydroxytryptophan	400 mg
Quercetin	300 mg
Choline (as Choline Bitartrate)	35 mg
Trimethylglycine Hydrochloride	100 mg
Alpha-Lipoic Acid	50 mg

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

**Suggested Use:** As a dietary supplement, 3 capsules every morning with food. Additional capsules can be taken during the day or evening, or as directed by a healthcare practitioner. Check with your physician if you are taking anti-depressant or anti-psychotic drugs.

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**Reference:**

John A. Allocca, Sc.D., Ph.D., Balancing Serotonin and Norepinephrine Levels, 2007 Allocca Biotechnology, LLC, Northport NY.



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