

## THIS IS EVERY MOM'S SECRET TO GET THROUGH THE DAY.

*Being a mom, SereZen is a must! When life throws me a day of anxiety and stress, I reach for my SereZen and feel the calming effect immediately! This should be in every mom's purse or cabinet! It's definitely my secret weapon to get through the day. -A.K.*

*Not only relaxation, Serezen has some other amazing properties. My husband uses the wintergreen for muscle aches and pains from playing and working too hard. -C.Q.*

*The SereZen is so great to calm my moods. -N.O.*

*It helps me with anxiety!! No more anxiety attacks and if I feel them coming on, I spray it away...LOVE SEREZEN -P.W.*

*It works wonders when you get irritable... even for kids! -J.P.*

## THE INGREDIENTS IN THIS LITTLE BOTTLE:

- Helps to balance energy
- Supports an elevated mood state
- Helps to manage stress
- Supports the immune, nervous, emotional, and glandular systems
- Supports focus and memory

[www.livinternational.com](http://www.livinternational.com)

# SereZen







STRESS RELIEVER. FATIGUE REDUCER. ANXIETY STOMPER. MEMORY ENHANCER.

SereZen does it all! With all the adaptogenic herbs in the bottle, stress and anxiety have no place! This is why moms say it's their secret weapon to get through the day!

What amazing herbs are found in SereZen? Check them out below:

**Ashwagandha** is an ancient herb that is classified as an adaptogen which means it can help your body manage stress. Ashwagandha can boost brain function, support healthy blood sugar and cortisol levels, as well as help boost energy levels and concentration. It has been traditionally used to help fight symptoms of anxiety and depression.

**Theonine** is an amino acid that helps reduce anxiety, stress, and insomnia. It has relaxing benefits and may also help increase focus and immunity.

**5-Hydroxytryptophan (5-HTP)** is an amino acid that your body naturally produces which produces serotonin. 5-HTP may create the feeling of fullness so you eat less. Studies have shown that it has a positive effective on mood and can promote sleep.

**Bacopa Monnieri** contains powerful antioxidant properties, and may reduce inflammation, boost brain function, and helps to prevent anxiety and stress.

The silymarin extracted from **milk thistle** is known to have antioxidant, and anti-inflammatory properties. Its anti-inflammatory and antioxidant properties mean that it is possibly neuroprotective and could help prevent the decline in brain function as you age.

**Rhodiola** extract has been shown to help fight fatigue and improve exercise performance. It also has been shown to help reduce stress and improves cognitive brain function.

**Schizandra** has antioxidant, anti-inflammatory and neuroprotective properties. It also supports mood, and may have the ability to help the body resist the effects of anxiety and stress, plus bolster the body's defenses against disease.

**Eleutherococcus**, also known as Siberian Ginseng, is an Asian herb that has been used for thousands of years. Eleutherococcus has been used to increase energy and decrease fatigue. It has also been shown to support cognitive function and memory and boost immune system function.



\*These statements have not been evaluated by the Food and Drug Administration.