

# Sereniten Plus

UNIQUE BIOACTIVE CASEIN PEPTIDE BLEND TO MODERATE THE EFFECTS OF STRESS

SIMPLE ONCE-DAILY FORMAT

**Sereniten Plus** is a unique bioactive casein peptide blend of Lactium®, L-theanine and vitamin D to moderate stress for improved well-being.

- Helps temporarily reduce symptoms of mild mental and physical stress
- Clinically studied milk-based peptide Lactium® promotes relaxation, positive mood and other stress-related effects
- Helps maintain immune function with vitamin D



## The Research

Lactium® is a unique, clinically researched bioactive casein decapeptide (a polypeptide 10-chain amino acid alpha-1 sequence) developed to target stress-related symptoms.<sup>1</sup> In one 30-day study, subjects supplemented with 150 mg Lactium® daily reported statistically significant support for multiple stress-related effects, including digestion, mood, relaxation, sleep, and cardiovascular and cognitive function.<sup>2</sup> In studies where individuals or animals were exposed to mild stressors, supplementation helped moderate healthy heart rate and blood flow, as well as plasma cortisol. Cortisol is released by the adrenal glands during acute and chronic stress.<sup>3</sup> In another study, Lactium® promoted the onset of sleep and healthy sleep quality, which has been associated with cognitive function and working memory.<sup>4,5</sup> Sleep also has been tied to metabolic health, including mitochondrial function, visceral fat deposition, alterations in gut barrier function, and changes in gut microbiota.<sup>6</sup> L-Theanine, a unique amino acid derived from green tea, is responsible for its characteristic taste. L-Theanine has also been discovered to be an important biologically active constituent of green tea, and its safety is supported in studies and by its long history of safe consumption in tea. Preclinical research suggests that vitamin D plays a role in promoting healthy immune biomarkers, and may be particularly important for individuals with certain genetic variations.<sup>7,8</sup>

1. Lecouvey M, et al. Eur J Biochem.1997;248: 872-878.  
 2. Kim JH, et al. Eur J Clin Nutr. 2007 Apr;61(4):536-41.  
 3. Messooudi M, et al. Eur J Nutr. 2005 Mar;44(2):128-32.  
 4. Saint-Hilaire Z, et al. The Open Sleep Journal, 2009, 2, 26-32.  
 5. Miller MA. Front Neurol. 2015 Oct 23;6:224.  
 6. Asher G, et al. Cell. 2015 Mar 26;161(1):84-92.  
 7. Drozdenko G, et al. Exp Dermatol. 2014 Feb;23(2):107-12.  
 8. Perna L, et al. Epidemiology2013;24(1):104-9.



## Formula

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

### Each capsule contains

Lactium® Milk Protein Hydrolysate (alpha S1-casein tryptic hydrolysate)	<b>175 mg</b>
L-Theanine	<b>50 mg</b>
Vitamin D <sub>3</sub> (cholecalciferol)	<b>2.5 mcg (100 IU)</b>

Non-medicinal ingredients: Hypoallergenic plant cellulose, vegetarian capsule (hypromellose, water), silica.

Contains: Milk



Sereniten Plus	Quantity	Order Code	NPN	UPC
	45	SRP4C-C	80087511	766298021232

Moderate your stress with 1 capsule daily.

Visit [AtriumPro.ca/sereniten-plus.html](https://AtriumPro.ca/sereniten-plus.html)

Looking for additional stress support, consider adding **Daily Stress Formula** to your supplement routine.