

# Seratonin Neurotransmitter Support\*

**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.\*



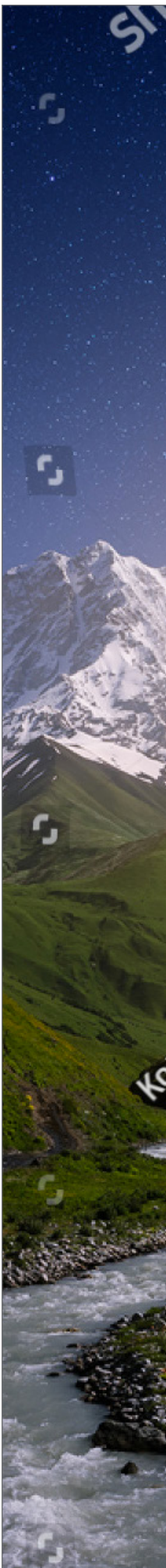
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90 vegetarian capsules

## Key Features

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



800.545.9960  
info@nutricology.com  
www.nutricology.com



The formula for Serotonin™ 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.

Serotonin™ 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 Serotonin™, avoid eating foods containing tyramine (aged cheese, over-ripe fruit, red wine, etc.), processed foods and sugar.

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

Supplement Facts

Serving Size	3 Capsules	
Servings Per Container	30	
<b>Amount Per Serving</b>	<b>% Daily Value</b>	
Vitamin C (as Calcium Ascorbate)	140 mg	156%
Niacin (as Inositol Hexanicotinate and Chromium Nicotinate)	81 mgNE	506%
Folate (as 400 mcg 5-Methyltetrahydrofolate (from 740 mcg [6S]-5-methyltetrahydrofolic acid, glucosamine salt)	667 mcgDFE	167%
Calcium (as Calcium Ascorbate)	17 mg	1%
Magnesium (as Magnesium Citrate)	162 mg	39%
Zinc (as Zinc Citrate)	15 mg	136%
Copper (as Copper Sebacate)	1 mg	111%
Chromium (as Chromium Nicotinate)	502 mcg	1434%
L-5-Hydroxytryptophan	400 mg	†
Quercetin Dihydrate	300 mg	†
Trimethylglycine Hydrochloride	100 mg	†
Alpha-Lipoic Acid	50 mg	†
Choline (as Choline Bitartrate)	35 mg	†
Vanadium (Vanadyl Sulfate)	1.4 mg	†
† Daily Value not established. * Percent Daily Value are based on a 2000 calorie diet.		

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.

 **Quatrefolic®** Quatrefolic® is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,662.