

\*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.

## Serenagen®

60 Tablets

Traditional Heart Calming Formula\*

**Serving Size:**

2 Tablets

Ingredient	Amount	Daily Value
A 4:1 Proprietary Herbal Extract Blend of:	1000 mg	*
Rehmannia Root ( <i>Rehmannia glutinosa</i> )		
Schisandra Fruit ( <i>Schisandra chinensis</i> )		
Jujube Fruit ( <i>Ziziphus spinosa</i> )		
Dong Quai Root ( <i>Angelica sinensis</i> )		
Chinese Asparagus Root ( <i>Asparagus cochinchinensis</i> )		
Ophiopogon Root ( <i>Ophiopogon japonicus</i> )		
Scrophularia Root ( <i>Scrophularia ningpoensis</i> )		
Asian Ginseng Root ( <i>Panax ginseng</i> )		
Chinese Salvia Root ( <i>Salvia miltiorrhiza</i> )		
Poria Fungus ( <i>Wolfiporia cocos</i> )		
Polygala Root ( <i>Polygala tenuifolia</i> )		
Platycodon Root ( <i>Platycodon grandiflorum</i> )		

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, magnesium stearate (vegetable), and coating (water, hypromellose, medium chain triglycerides, and hydroxypropylcellulose).

**Directions:** Take two tablets daily or as directed by your healthcare practitioner.

**This product is non-GMO, gluten free, and vegetarian.**

**Warning:** Do not use if pregnant or nursing.

**Caution:** If taking medication consult your healthcare practitioner before use. Keep out of the reach of children.

**Storage:** Keep tightly closed in a cool, dry place.



**Serenagen®**

60 Tablets

Traditional Heart Calming Formula\*

**Serenagen** is a classic herbal stress management formula used in traditional Chinese medicine to nourish and quiet the heart.\*

**Benefits:**

Designed for individuals who have feelings of anxiety and have difficulty resting due to stress\*

Formulated for individuals who may have feelings of being overheated and flushed when stressed\*

Features traditionally used herbs to address organs and systems involved in the stress response\*

Ideal for those who are "stressed and wired"\*

**Q. How does Serenagen® compare to other products or approaches?**

This product contains only natural ingredients for a safer approach. It provides botanicals with time-tested traditional use that suggest value in modern clinical experience for strategic stress response support. Herbal supplements often come with added quality concerns, but Metagenics takes added measures on all herbal products for quality assurance. This formula is also suitable for vegetarian use.\*

**Q. How does Serenagen® work?**

It provides a classic herbal formula used in traditional Chinese medicine to nourish and quiet the heart and promote a sense of inner calm. This formula contains adaptogenic herbs traditionally used to address organs and systems involved in the stress response.\*

**Q. How long is Serenagen® typically recommended?**

This formula was designed for strategic, short-term relief for feelings of anxiety. Individual results and recommendations may vary based on your individual needs. For best results, follow your health care professional's guidelines.\*

**Q. Who would benefit from Serenagen®?**

Health care professionals typically recommend this product for those who are "stressed and wired"—with feelings of anxiety and difficulty resting due to stress. This formula may also be ideal for those with feelings of being overheated or flushed during stress.\*

**Q. Why is Serenagen® safe?**

It contains a blend of natural ingredients with an excellent safety profile. Plus, Metagenics' manufacturing facility has 3 certifications for good manufacturing practices to ensure the highest quality. For a higher degree of reliability and predicted safety, Metagenics herbal formulas are evaluated by our MetaBotanica®