

Cerenity PM



RECOMMENDED USE

- *Used as a Sleep Aid*
- *Formulated Specifically for Patients with Occasional Sleeplessness*

ENDOCRINE HEALTH

Cerenity PM is a comprehensive formulation created for patients experiencing occasional sleeplessness.

Overview

Sleep is the body's way of metabolically and psychologically resetting itself. The body's circadian rhythm is regulated by an internal biological clock with an approximate 24 hour cycle.

5-HTP

The sleep-regulating hormone melatonin requires the essential amino acid L-tryptophan for conversion. A deficiency of L-tryptophan in the diet can lead to low serotonin and melatonin levels, which can contribute to sleep challenges. L-tryptophan is converted into the amino acid intermediate 5-hydroxytryptophan (5-HTP), which is then converted directly into serotonin, followed by melatonin conversion. While L-tryptophan is the starting block for serotonin and melatonin production, one of the key advantages of 5-HTP is its ability to easily cross the blood brain barrier. This allows for enhanced serotonin and melatonin synthesis.¹

Recommended Dose

Adults: Take 3 capsules daily, with food, or as recommended by a health care practitioner. Take a few hours before or after taking other medications or natural health products. For a sleep aid, take 30 - 45 minutes before bedtime.

Medicinal Ingredients (per capsule)

Vitamin C (Ascorbic acid USP)	12.5 mg
Niacin (Niacinamide USP)	2.5 mg
Vitamin B6 (Pyridoxal-5'-phosphate)	2.5 mg
Folate (Quatrefolic® (5S)-5-Methyltetrahydrofolic acid, glucosamine salt)	100 mcg
Calcium (Albion™ Dicalcium malate)	62.5 mg
Magnesium (DiMagnesium malate)	37.5 mg
Zinc (Albion™ Zinc bisglycinate)	1.25 mg
Taurine USP	75 mg
L-5-HTP (L-5-Hydroxytryptophan) (<i>Griffonia simplicifolia</i> , seed)	37.5 mg
GABA (PharmaGABA™ gamma-Aminobutyric acid, Glutamic acid)	37.5 mg
Phosphatidylserine (<i>Helianthus annuus</i> , Seed)	25 mg

Non-Medicinal Ingredients

Hypromellose, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

Risk Information

Consult a health care practitioner prior to use if you are pregnant or breastfeeding, and/or if you are taking carbidopa or drugs/supplements with serotonergic activity (these may include, but are not limited to, L-tryptophan, S-adenosylmethionine (SAME), St. John's wort, antidepressants, pain killers, over the counter cough and cold medication containing dextromethorphan, anti-nausea medication and anti-migraine medication), and/or if you are unsure whether you are taking enough Vitamin B12, as folate supplementation can mask a vitamin B12 deficiency. Consult a health care practitioner if sleeplessness persists continuously for more than 3 weeks (chronic insomnia), and/or if symptoms persist or worsen. Discontinue use and consult a health care practitioner if you show signs of weakness, oral ulcers, or abdominal pain accompanied by severe muscle pain or if you experience skin changes. Do not use if you have

scleroderma. Some people may experience diarrhoea, nausea, vomiting and abdominal pain, and/or drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient.

Do not use if seal is broken. Store in airtight container, protected from light.

To be sure this product is right for you always read and follow the label.

References

1. Wyatt RJ, Zarcone V, Engelman K. Effects of 5-hydroxytryptophan on the sleep of normal human subjects. *Electroencephalogr Clin Neurophysiol.* 1972;30:505-509.