

Dosages Consistent with Clinical Research

Not all formulas on the market use meaningful dosages of key ingredients. What sets QOL Labs' formulas apart is that we take only clinically researched ingredients for specific health conditions and formulate them into products consistent with suggested dosages.

Ingredient	Daily Dose Used in Human Studies	Daily Dose Used in Serenelin [®]
Lemon Balm extract	600 mg	600 mg
Sensoril [®]	250 mg	250 mg
L-Theanine	50–200 mg	200 mg
PharmaGABA [™]	100 mg	125 mg (providing 100 mg GABA)

[§]Serving size: 2 vegicaps • Daily dose: 2 vegicaps

Supplement Facts

Serving Size: 2 vegicaps Servings Per Container: 30

Amount Per Serving	% Daily Value	
Lemon balm extract (<i>Melissa officinalis</i>) [standardized to 4% rosmarinic acid (24 mg)]	600 mg	†
Sensoril[®] ashwaghandha extract (<i>Withania somnifera</i>) roots and leaves [minimum 8% withanolide glycoside conjugates (20 mg) and 32% oligosaccharides (80 mg)]	250 mg	†
L-theanine	200 mg	†
Ginger root extract	333.3 mg	†
GABA [gamma aminobutyric acid as PharmaGABA[™] (100 mg)]	125 mg	†

† Daily value not established.

Other ingredients: rice flour, vegetable magnesium stearate vegetable cellulose.

This product is suitable for vegetarians and gluten-free.



Our Commitment to Clinical Efficacy

Every ingredient validated by human studies.
Every dosage consistent with clinical research.
No exceptions. No compromises.

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Serenelin[™]

QOL LABS[®]

with PharmaGABA[™]
Sensoril[®], Lemon balm,
and L-theanine

Reduces occasional stress*
Produces calming brain waves*
Improves mood and focus*

For studies on each ingredient, please visit:

www.humanclinical.org

* 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.

Why Stress Is So Stressful

It's hard to stay calm and focused when everything in your body is telling you to run. And that's what's happening when you're stressed out. Your body's fight-or-flight mode is preparing you to either engage in physical combat or get the heck out of dodge. As a result, when you're stressed, the following physiological changes take place:

- **Your stress hormones surge.**
Stress causes your body to produce increased amounts of stress hormones such as cortisol. Over time, cortisol can cloud your thinking, raise your blood pressure, lower your immunity, and cause you to put on extra belly fat.
- **Your brain waves go on high alert.**
When you're feeling stressed, your brain produces quickly oscillating beta brain waves that can cause anxiety, muscle tension, and stressful thoughts.
- **Your body reacts to the stress.**
The fight-or-flight response also triggers a range of short-term symptoms, such as racing heart, trouble concentrating, fatigue during the day, and occasional sleeplessness at night.
- **Your mood tanks.**
Finally, if you feel like the demands on you outweigh what you can actually handle, you're bound to become irritable and moody.



You, at Your Best

Most anti-stress supplements work by sedating the central nervous system, causing drowsiness and impairing mental function. But when you're stressed, that's the last thing you need! After all, stress is usually caused by increased demands that require you to be at your best! Serenelin from Quality of Life Labs alleviates the physical and psychological symptoms of occasional stress — while actually increasing your energy and focus.* You won't feel drugged out. You'll just feel like you, at your best.

Serenelin™ works in four ways to help you feel cool, calm, and collected in just 40 minutes*.

The Four Actions of Serenelin

1. Balances stress hormones.*

Serenelin™ features Sensoril® — a proprietary, clinically researched form of ashwagandha. Classified as an “adaptogen,” ashwagandha is an Indian herb that helps the body adapt, or respond better, to stress.* Sensoril has been clinically shown to reduce levels of the stress hormone cortisol while boosting levels of the energizing hormone DHEA.*

2. Produces calming brain waves.*

Serenelin also contains Suntheanine® L-theanine (an amino acid) and GABA (a neurotransmitter), both clinically shown to increase the brain's production of alpha brain waves — indicative of a relaxed state of alertness.* Importantly, Serenelin features naturally derived PharmaGABA™. Comparative research has shown that the synthetic GABA used in most products does not cause the same relaxing effects as PharmaGABA.*

3. Reduces occasional stress.*

A double-blind human study found that Sensoril ashwagandha extract significantly reduced symptoms of occasional stress — including anxiety, heart palpitations, irritability, inability to concentrate, fatigue, and occasional sleeplessness — compared with placebo.*

4. Improves mood.*

Finally, Serenelin contains lemon balm — an herb used as far back as the Middle Ages to lift the spirits.* In a recent double-blind, placebo-controlled human clinical trial, lemon balm extract proved its reputation, improving stress-induced negative mood.*

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