

## 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 Serocort™ <sup>§</sup>
Vitamin D3	400–800 IU	800 IU
50 HTP	50–150 mg	100 mg
L-Theanine	50–200 mg	200 mg
Relora®	750 mg	750 mg
<i>Rhodiola rosea</i>	340–680 mg	360 mg

<sup>§</sup>Serving size: 1 vegicap • Daily dose: 3 vegicaps

## Supplement Facts

Serving Size: 1 vegicap

Servings Per Container: 90

Amount Per Serving	% Daily Value	
<b>Vitamin D3</b> (as cholecalciferol)	267 IU	67%
<b>5-HTP</b> (L-5 hydroxytryptophan) (from <i>Griffonia simplicifolia</i> ) (seed)	33 mg	†
<b>L-theanine</b>	66 mg	†
<b>Relora®</b> proprietary blend Magnolia standardized bark extract Phellodendron standardized bark extract	250 mg	†
<b><i>Rhodiola rosea</i></b> extract (root) [standardized for 5% rosavins (6 mg)]	120 mg	†

† Daily value not established.

Other ingredients: rice flour, vegetable cellulose, modified food starch, cornstarch, vegetable magnesium stearate and silica (natural mineral).

**This product is 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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# Serocort™

QOL LABS®

Serotonin and Cortisol  
Balancing Complex  
(with 5-HTP and Relora®)

Reduces stress & stress-related eating\*

Promotes a positive outlook\*

Balances Serotonin & cortisol levels\*

\* 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.

For studies on each ingredient, please visit:

[www.humanclinical.org](http://www.humanclinical.org)

## Do You Have a Chemical Imbalance?

In modern society, it's accepted without question that a deficiency of vitamin D can cause rickets, a deficiency of thyroid hormone can cause hypothyroidism, and a deficiency of iron can cause anemia. Yet people who struggle with bouts of negative mood, or who have difficulty losing weight even when they're trying their best, are often viewed as personal failures, when in fact they too may be victims of a chemical imbalance.

If you experience any of the following signs, you may have lower-than-ideal levels of the brain chemical Serotonin:

- Negative mood states
- Stronger-than-normal appetite
- Cravings for carbohydrates

Fortunately, there's a 100 percent natural way to rebalance your Serotonin levels.

## Introducing Serocort™

Quality of Life's Serocort provides the raw material your body uses to make Serotonin, which may boost your levels of this key brain chemical.\* The actions of Serocort are reinforced with additional ingredients for weight control, stress management, and mood support — helping you cheer up while you slim down.\*



## The Importance of Serocort to Mood & Weight Loss\*

Serotonin is a brain chemical that regulates mood, sleep, and appetite. The body normally contains anywhere between 10 and 12 mg of Serotonin. To put that into perspective, a paper clip weighs ten times as that. As you might imagine, even tiny fluctuations of this brain chemical can disrupt the way you feel, how well you sleep, and how much you eat.

While feeling down or being overweight may seem like weaknesses of will, there is significant evidence to suggest that people who suffer from even a slight imbalance in bodily levels of Serotonin may experience negative mood states, poor-quality sleep, stronger-than-normal appetite, and increased food cravings.

## The Natural Way to Boost Serotonin Levels

Serocort is an all-natural formula that helps your body create the Serotonin you may be missing, which could reduce your food cravings, mildly suppress your appetite, and lift your mood.\* The lead ingredient in PureBalance Serocort is 5-HTP — the raw material your body uses to make Serotonin. Clinical research has shown that oral 5-HTP effectively increases the body's ability to manufacture Serotonin.\*

## Additional Benefits of Serocort

Serocort also includes ingredients that reinforce the actions of Serocort for:

- **Weight Control:**  
Relora® is a proprietary blend of plant actives from magnolia and phelloden-dron. Human clinical research has indicated that Relora lowers levels of cortisol — a stress hormone that can cause weight gain — which may alleviate stress and stress-related eating.\*
- **Stress Management:**  
*Rhodiola rosea* is an adaptogen, a rare class of herbs that help the body adapt to stress.\* Human clinical trials have shown that rhodiola helps alleviate occasional stress.\*  
L-theanine is a calming amino acid.\* A recent study showed that L-theanine increases the brain's production of alpha waves — indicative of a state of wakeful relaxation.\*
- **Mood Support:**  
Vitamin D insufficiency, which affects 77 percent of American teens and adults, is associated with negative mood. Supplementation with this critical vitamin has been shown to support a positive outlook.\*

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