

## Serotonin Essentials - 60 caps

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CCS213460

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Supports, e.g.: a positive state of mind, relaxation, sleep, brain and nerve functions.

## Description

Serotonin is an important neurotransmitter in both the central nervous system and the enteric nervous system, the nervous system of the intestines.

In the brain, serotonin is involved in, among other things, the regulation of mood and behaviour, but it also influences appetite. Serotonin is also involved in the regulation of pain stimuli. Finally, serotonin can in turn be converted into melatonin.

**Griffonia simplicifolia** is a shrub native to South Africa that is rich in 5-HTP, or 5-hydroxytryptophan. In the body, 5-HTP is converted to serotonin. This serotonin, in turn, can be used to make melatonin. Griffonia simplicifolia plays a role in the proper functioning of the brain and nerves.

**Rhodiola** supports the ability to cope with stress. It is an adaptogen and can be used for inner turmoil and stressful situations. It provides balance in stressful situations, ensures a good state of mind and is beneficial for a good mental balance. It supports the functioning of the nervous system, is good for cognitive function and contributes to normal mental performance. Rhodiola also supports a good night's sleep and helps in case of a lack of appetite. Rhodiola also contributes to physical performance and endurance, can help with fatigue and physical exertion. Rhodiola is an antioxidant, is good for the heart and blood vessels and for functioning of the gastrointestinal tract.

**St. John's wort (Hypericum)** contributes to emotional balance, relaxation, supports a good night's sleep, helps to sleep well through hypericin and is beneficial for a good state of mind and mental balance. It supports the maintenance of a healthy digestive system and is good for bile function (production of bile and the flow of bile). St. John's wort is good for the respiratory tract (soothing effect on the throat and breathing), kidney function and the urinary tract and for maintaining healthy skin.

**Saffron (Crocus sativus)** is beneficial for good mental balance, contributes to emotional balance and a positive state of mind, helps support relaxation and supports normal menstruation and fertility.

## Suggested usage

- In the event of an increased need for Serotonin, take 2 capsules daily with dinner or at bedtime with water or juice, unless recommended otherwise by a healthcare practitioner.

- Do not exceed the recommended dose.

- Consult an expert if you are using anti-depressants or sedatives. St. John's wort may modify the effect of medicines such as anticoagulants, antiepileptics, antidepressants (SSRIs), medications for hypo/hyperglycaemia, hypo/hypertension and heart medications.

- Other interactions with medicines are also possible.

- If applicable, consult your healthcare practitioner / pharmacist / thrombosis service before using this product or discontinuing the use of this product." Store dry and at room temperature. Keep out of reach of young children.

- A varied and balanced diet and a healthy lifestyle are important. Food supplements are not a substitute for a varied diet.

- Suitable for vegetarians and vegans

## Composition

### Samenstelling van CellCare Supplements GABA Essentials

3 capsules bevatten:  
Essential Mix 1310 mg  
bevat:

- Valeriaan extract (*Valeriana officinalis*, min. 0,8% valereenzuur)
- Citroenmelisse extract (*Melissa officinalis*, min. 5% rozemarijnzuur)
- Gastrodia 5:1 extract (*Gastrodia elata*), Hop 4:1 extract (*Humulus lupulus*)
- Passiebloem extract (*Passiflora incarnata*, min. 4% vitexine)
- Zwarte peper extract (*Piper nigrum* uit Bioperine®, min. 95% piperine)
- L-Theanine 300 mg

<b>Categorie:</b>	Cognitive / Neuro, Emotional well-being, Sleep
<b>Form:</b>	Capsule
<b>Free from:</b>	Egg, Fish, Gluten, Lactose, Mollusc, Mustard, Nuts, Sesame, Shellfish, Soya
<b>Raw Material:</b>	Californian poppy, Rhodiola, Saffron, St. John's wort