



Seratran

What?

Seratran is a unique dietary supplement known as a “neurotransmitter precursor.” This product contains a blend of amino acids, vitamins and minerals formulated to promote healthy serotonin balance.

Why?

Neurotransmitters have become a hot topic in the past few years. If you watch television you likely hear about them through medication ads on a daily basis. So, what are they? Neurotransmitters are made from amino acids, vitamins and minerals. Neurotransmitters are the chemical messengers that link the nervous system to the rest of the body. So, it’s all about communication!

The most widely studied and most talked about neurotransmitter out there is serotonin. Serotonin plays a key role in regulating sleep patterns, hormonal function, digestion, metabolism, and mental and emotional health, to name a few. Hectic lifestyles, poor diet, lack of sleep, stress and genetics are found to contribute to serotonin imbalance among both adults and children. Interestingly, up to 90% of serotonin is produced in the gastrointestinal/digestive tract. Consider that millions of Americans suffer from some form of digestive stress, and it’s not hard to see why serotonin imbalance is becoming so prevalent.

Seratran contains an all-natural blend of amino acids called 5-HTP, along with specific vitamins and minerals. 5-HTP is a neurotransmitter precursor to serotonin. A “precursor” simply provides the body with the “raw materials” that it needs to produce an end result, in this case the end result being serotonin. Here’s another example: beta

carotene, found in carrots and other fruits and vegetables, is a precursor to Vitamin A. Once consumed, the body converts the beta carotene to Vitamin A which can then be absorbed and utilized.

When used correctly, **Seratran** offers the body the tools it needs to maintain a healthy serotonin balance.

How?

1 - 2 capsules with meals, or as directed for digestion.

Key Ingredients:

Per 1 capsule: 5-HTP (*5-Hydroxytryptophan*) 100 mg, Vitamin C (*Ascorbic Acid*) 300 mg, Calcium (*Citrate*) 73.5 mg, Folic Acid (*Folate*) 133 mcg, Vitamin B6 (*Pyridoxine HCl*) 25 mg

To learn more about nutritionals ask your healthcare professional for a copy of Energetix’ patient brochure: “Nutritionals – What You Need to Know.”



References:

- Haas, Elson M. M.D. 1992. *Staying Healthy with Nutrition* - Berkeley, California: Celestial Arts Publishing.
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This information is not meant to diagnose, treat or replace traditional treatment, and has not been approved by the FDA or HPB.