

THE SERINISOL FORMULA†

Serinisol is an adrenal support supplement designed to help reduce occasional sleeplessness, elevated cortisol levels, and occasional anxiousness and stress.†

Serinisol is completely natural and is obtained from soybean lecithin and passionflower, both safe, well-recognized plant-based sources.

The formula for this product contains NO milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat, added yeast, or artificial preservatives, colors, sweeteners or flavors and is manufactured in a facility that is externally validated by NSF International to meet or exceed all government standards (the FDA's GMP or Good Manufacturing Practices).

Contains: Soy.



AN IMPORTANT MESSAGE ABOUT HOW TO GET THE BEST RESULTS:
Serinisol should be taken as directed every day for best symptom relief.

HOW TO TAKE YOUR SERINISOL

Take two (2) capsules at midday with your lunch and two (2) capsules with your evening meal, or as directed by a qualified healthcare practitioner. Use this product as long as necessary. For long term use check with your healthcare practitioner.

If you have any questions about Serinisol or other Women's Health Network products you are taking, please let us know. Our health advisors have years of experience and have found that sometimes it just takes a little extra advice to get you feeling better. Or you may be ready to talk about additional diet and lifestyle changes once you are feeling better. Just call us at **(877) 207-9701. We're here to help.**

FINE-TUNING YOUR SERINISOL PROTOCOL

A small percentage of women need to adjust their Serinisol protocol. Here's what to do if you are one of them:

- Start with just one (1) capsule two times per day. After one week, return to the standard protocol of two (2) capsules, two times per day.
- If your symptoms do not improve, please contact us to schedule a free Nurse-Educator consultation.
- Return to taking your Serinisol at the regularly scheduled time when you are able.

Consult a qualified healthcare practitioner prior to use if:

- You are taking any medication or have any medical conditions.
- You are pregnant or breastfeeding.
- You are taking any selective serotonin re-uptake inhibitors (SSRIs), monoamine oxidase inhibitors (MAOIs), or any mood-enhancing prescription medications.
- You are taking any anticoagulants ("blood thinners") such as warfarin, (Coumadin®), heparin or anti-platelet agents, such as clopidogrel (Plavix®).
- You are taking more than one aspirin a day.
- You are within five days of undergoing surgery.
- You are taking medication to lower your blood pressure.

Avoid:

- If allergic to passionflower or any of its constituents.
- If you are taking metronidazole (Flagyl) or disulfiram (Antabuse), as this combination may cause nausea and vomiting.
- Driving or operating heavy machinery while taking passionflower, as drowsiness may occur.

Additional information

References on safety and efficacy

For more information on the research behind the safety and efficacy of these ingredients, please visit the substantiation section of our website.

www.womenshealthnetwork.com/products/serinisol-references.aspx

† 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.