

Pioneering Excellence in Nutrition



Elixir Nutrology is a supplement brand rooted in evidence-based science.

We meticulously craft each product to embody quality, purity, and efficacy. All of our supplements are proudly manufactured in the United Kingdom & Europe to leading industry standards. This means that when you choose Elixir Nutrology, you're not just selecting supplements; you're choosing trust, transparency, and results.

SerenElix™ 5-HTP Complex

Welcome to SerenElix™, a creation by Elixir Nutrology for your well-being. This carefully crafted blend of 5-HTP, Zinc, and B Vitamins is designed to support you in the daily crucible of life where stress and fatigue can threaten to overwhelm.

SerenElix™ combines the benefits of 5-HTP with Zinc and B Vitamins to assist in reducing tiredness and fatigue while supporting psychological and cognitive function. It's our solution to the challenges of daily existence.

Discover the balance of SerenElix™ – your companion on the journey to well-being.

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SerenElix™ 5-HTP Complex

30 CAPSULES



Product Information

One capsule typically provides:		% NRV
Niacin (B3)	16mg NE	100
Vitamin B6	1.4mg	100
Pantothenic Acid (B5)	6mg	100
Zinc	5mg	50
Griffonia Seed Extract	500mg	-
Providing: 5-HTP	100mg	-

NRV = Nutrient Reference Value

Caution

Do not use if under medical supervision without consulting a medical practitioner. Pregnant and/or lactating women should consult their doctor before taking this product. May cause drowsiness.

Directions

Adults: Swallow one to three capsules per day with water, 45 minutes before bedtime. Take for 3 months then stop for a month and review.

SUITABLE FOR VEGETARIANS AND VEGAN DIETS.

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