

SereniKal

Box of 90 capsules

A complex blend of plants selected for their soothing, tranquilizing and calming effects, treating sleeping disorders, night time awakenings and improving your quality of sleep. Also helps reduce nervousness and anxiety due to stress.

Sleeping is living healthy!

We spend approximately one third of our life with sleeping. Sleep gives us rest and rejuvenation, benefits our mind and body in many ways. While we are sleeping :

- Our muscles receive an important support in oxygen and nutriment.
- We are producing 60-70% of the growth hormone necessary for our body. This hormone participates in the cell regeneration, and is responsible for the maintenance of our muscles, tissue and bones.
- We reinforce our immune defence system thanks to the production of leukocytes and antibodies.
- We restore our nervous and emotional balance. **H**

Lack of sleep, on the other hand, accelerates aging because the body releases more cortisol and less growth hormones.

Insomnia

70% of the population is concerned. Insomnia is a general term for poor quality sleep because of one or more of the following:

- difficulty falling asleep
- waking up frequently during the night with difficulty returning to sleep
- waking up too early in the morning
- unrefreshing sleep

The use of the term insomnia is not dependent on the number of hours slept, or how long it takes to get to sleep, but instead on multiple factors which describe the sleeping pattern.

Our sleep consists of average 4-5 sleep cycles per night, continuing until we wake up. Every cycle lasts around 90 minutes and is divided in 3 principal stages : Drowsiness, Light Sleep, Deep Sleep / REM Sleep.

Several factors may alter the precision of this natural mechanism:

Physical factors: age, respiratory problems, pain, fever.

External factors: light (sun light), noise, room temperature, different time zone, unknown location.

Psychological factors: anxiety, stress and worries due to financial problems, internal family affairs, death of a close person, divorce, job loss.

Lifestyle factors: unhealthy eating habits, very physical activity, lack of relaxation, stress at work, alcohol, caffeine, the frequent usage of drugs such as cortisone and beta blocker.

Few natural tips to regain a good night's sleep:

- Wake up at the same time every morning and try to avoid naps in the afternoon or sleeping in since the sleep of the following night might be disturbed.
- Eat healthy and balanced, with a sufficient amount of Vitamin B playing a role in the production of the serotonin, the sleeping hormone: fruits, green vegetables, lettuce, spinach, cress, wholemeal wheat germ, dry fruits. Avoid spicy or greasy meals.
- Eat light, two hours prior to the desired bed time, preferably carbohydrates like pasta, rice, wholemeal, liver, fish) since they stimulate the serotonin production.
- Drink water rich on magnesium for its calming and anti-stress effect and reduce or eliminate the consumption of alcohol, nicotine and caffeine.
- Don't go to bed before feeling sleepy; otherwise this might provoke staying emotionally awake and paralysing the possibility of falling asleep.
- A warm bath or an herbal tea with honey before going to bed creates a soothing, calming atmosphere to distress, relax and to prepare body and soul for a good night's sleep.
- Physical activity during the day fatigues your body; avoid sports after 6pm since these efforts set the "anti-sleeping" hormones free.

Effects of SereniKal :

Medical sedative plants present an interesting alternative to the use of chemical tranquilizers since they have only very few undesirable side effects and a very low risk of addiction.

SereniKal consists of natural plants, selected for their soothing, tranquilizing and calming effects, and helps treating sleeping disorders, night time awakenings and improves your quality of sleep!

Instructions:

For sleep problems: Depending on your needs, take 1 to 2 capsules per day 30 minutes before bedtime.

SereniKal should not be taken with any other medication, especially those that depress the central nervous system, such as sedatives and antihistamines.

For nervousness problems, if a few good nights sleep does not reduce the nervous state, take one to two capsules during the day.

Warning: SereniKal is likely to cause a decrease in vigilance and drowsiness, for this it should not be taken when driving a car or when performing work requiring attention.

Composition :

Salvia officinalis, valeriana officinalis, eschscholzia californica, lactuca, coriandrum, griffonia simplicifolia - Plant Origin Capsules

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