



SUMMARY OF CLINICAL STUDIES

Product	Serenity Nightly Nootropic
SKU	SERENITY
Barcode	866033000215
Formula	2
Date	29 March 2019

Label

The product label is blue with white and light blue text. It includes a warning, usage instructions, storage instructions, a disclaimer, a barcode, the product name 'SERENITY NIGHTLY NOOTROPIC', the formula number 'Formula 2', a description of benefits, the number of capsules '60 CAPSULES', a 'Supplement Facts' table, other ingredients, and the manufacturer's address.

Warning: Consult a physician before and during use of all dietary supplements.

Use: Take 2 to 4 capsules daily within one hour before sleep. Take only before sleep.

Storage: Keep cool and dry, away from children.

* THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

THRIVOUS

**SERENITY
NIGHTLY NOOTROPIC**

Formula 2

Enhances Relaxation and Sleep,
and Promotes Next-Day Focus*

**Dietary Supplement
60 CAPSULES**

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value
Magnesium 200 mg (from Magnesium Glycinate 800 mg)	48%
L Theanine 200 mg	†
Melatonin 5 mg	†

† Daily Value Not Established

Other Ingredients: Cellulose, Sodium Copper Chlorophyllin

THRIVOUS, PO BOX 4078 #73216, SLC UT 84110 USA

*Statements in this document have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.*

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L-Theanine Supplementation to Promote Relaxation

Supplementation of L-Theanine may promote relaxation according to these clinical studies on humans:

- [Anti-stress effect of theanine on students during pharmacy practice: positive correlation among salivary \$\alpha\$ -amylase activity, trait anxiety and subjective stress.](#) In 2013, this study found that L-Theanine "intake suppressed initial stress response of students assigned for a long-term commitment of pharmacy practice".
- [Effects of l-theanine on attention and reaction time response.](#) In 2011, this study found that L-Theanine "clearly has a pronounced effect on attention performance and reaction time response in normal healthy subjects prone to have high anxiety".
- [The effects of L-theanine \(Suntheanine®\) on objective sleep quality in boys with attention deficit hyperactivity disorder \(ADHD\): a randomized, double-blind, placebo-controlled clinical trial.](#) In 2011, this study found that L-Theanine "is safe and effective in improving some aspects of sleep quality in boys diagnosed with ADHD".
- [L-Theanine reduces psychological and physiological stress responses.](#) In 2007, this study found that "oral intake of [L-Theanine] could cause anti-stress effects via the inhibition of cortical neuron excitation".
- [The acute effects of L-theanine in comparison with alprazolam on anticipatory anxiety in humans.](#) In 2004, this study found that L-Theanine "may have some relaxing effects under resting conditions".

- [Effects of Theanine on the Release of Brain Alpha Wave in Adult Males](#). In 2003, this study found that L-Theanine "containing tablets promote the release of alpha waves related to mental relaxation and concentration in young adult males".

Magnesium Glycinate Supplementation to Promote Relaxation and Sleep Quality

Approximately 54% of people in the United States consume less than the estimated average requirement for Magnesium from natural sources and fortified foods, and a larger unknown percentage consumes less than optimal amounts, according to these studies:

- [Second National Report on Biochemical Indicators of Diet and Nutrition in the U.S. Population](#). In 2012, this study observed that "dietary deficiencies are well documented, and they have characteristic signs and symptoms. In addition, recent findings have determined that less than optimal biochemical concentrations (representing suboptimal status) have been associated with risks of adverse health effects".
- [Foods, Fortificants, and Supplements: Where Do Americans Get Their Nutrients?](#) In 2011, this study observed that "without enrichment and/or fortification and supplementation, many Americans did not achieve the recommended micronutrient intake levels set forth in the Dietary Reference Intake".

Supplementation of Magnesium may decrease blood pressure according to these clinical studies on humans:

- [Oral Magnesium Supplementation Reduces Ambulatory Blood Pressure In Patients With Mild Hypertension](#). In 2009, this study found that Magnesium "is associated with small but consistent ambulatory [blood pressure] reduction in patients with mild hypertension".
- [Effects Of Oral Magnesium Supplementation On Insulin Sensitivity And Blood Pressure In Normo-magnesemic Nondiabetic Overweight Korean Adults](#). In 2009, this study found that Magnesium "does not reduce [blood pressure] and enhance insulin sensitivity in normo-magnesemic nondiabetic overweight people ... however, it appears that magnesium supplementation may lower [blood pressure] in healthy adults with higher [blood pressure]".

- [The Effect Of Lowering Blood Pressure By Magnesium Supplementation In Diabetic Hypertensive Adults With Low Serum Magnesium Levels: A Randomized, Double-blind, Placebo-controlled Clinical Trial.](#) In 2009, this study found that Magnesium "significantly reduces [systolic blood pressure] and [diastolic blood pressure] in diabetic hypertensive adults with hypomagnesaemia".

This clinical study review confirms that supplementation of Magnesium may decrease blood pressure:

- [Effect of magnesium supplementation on blood pressure: a meta-analysis.](#) In 2012, this meta-analysis of 22 studies found that Magnesium "appears to achieve a small but clinically significant reduction in [blood pressure]".

Supplementation of Magnesium may promote sleep quality according to these clinical studies on humans:

- [Magnesium supplementation improves indicators of low magnesium status and inflammatory stress in adults older than 51 years with poor quality sleep.](#) In 2010, this study found "an association between magnesium status and sleep quality that needs further study to definitively determine whether a low magnesium status is a cause or an effect of poor sleep quality".
- [Oral Mg\(2+\) supplementation reverses age-related neuroendocrine and sleep EEG changes in humans.](#) In 2002, this study found that Magnesium "partially reverses sleep EEG and nocturnal neuroendocrine changes occurring during aging".

Supplementation of Glycine may promote sleep quality according to these clinical studies on humans:

- [The effects of glycine on subjective daytime performance in partially sleep-restricted healthy volunteers.](#) In 2012, this study found that Glycine "modulates certain neuropeptides in the [suprachiasmatic nucleus] and this phenomenon may indirectly contribute to improving the occasional sleepiness and fatigue induced by sleep restriction".
- [Glycine ingestion improves subjective sleep quality in human volunteers, correlating with polysomnographic changes.](#) In 2007, this study found that

Glycine "seems to produce subjective and objective improvement of the sleep quality in a different way than traditional hypnotic drugs such as benzodiazepines".

- [Subjective effects of glycine ingestion before bedtime on sleep quality](#). In 2006, this study found that Glycine "produced a good subjective feeling after awakening from sleep".

Melatonin Supplementation to Promote Sleep

Supplementation of Melatonin may promote sleep according to these clinical studies on humans:

- [Evaluation of sleep, puberty and mental health in children with long-term melatonin treatment for chronic idiopathic childhood sleep onset insomnia](#). In 2011, this study found that "Melatonin treatment in children can be sustained over a long period of time without substantial deviation of the development of children with respect to sleep quality, puberty development and mental health scores, as compared with the general Dutch population".
- [The effect of prolonged-release melatonin on sleep measures and psychomotor performance in elderly patients with insomnia](#). In 2009, this study found that "nightly treatment with [Melatonin] effectively induced sleep and improved perceived quality of sleep in patients with primary insomnia aged > or =55 years", "daytime psychomotor performance was not impaired and was consistently better with [Melatonin] compared with placebo", and Melatonin "was well tolerated with no evidence of rebound effects".
- [Prolonged-release melatonin improves sleep quality and morning alertness in insomnia patients aged 55 years and older and has no withdrawal effects](#). In 2007, this study found that Melatonin improves "quality of sleep and morning alertness in primary insomnia patients aged 55 years and older -- suggesting more restorative sleep, and without withdrawal symptoms upon discontinuation".
- [The effects of melatonin on tinnitus and sleep](#). In 2006, this study found that "the impact of melatonin on sleep was greatest among patients with the worst sleep quality".

- [Melatonin for the prevention and treatment of jet lag](#). In 2002, this study found that "Melatonin is remarkably effective in preventing or reducing jet-lag, and occasional short-term use appears to be safe".