

# serezin™

RESTORATIVE SLEEP + PAIN RELIEF

## BETTER NIGHTS. MORE VITAL DAYS.



RESTORATIVE SLEEP + PAIN RELIEF

### Revitalize Your Nights, Energize Your Days: Enhanced Restorative Sleep & Easier Waking for Improved Mood and Vitality!

#### Serezin™ Fast Facts

- Improved Restorative Sleep Within 1 Week\*
- 64% better restorative sleep\*
- 2.6x greater reduction in nighttime aches & pains\*
- 75% great reduction in daytime aches & pains\*
- 85% easier to fall asleep\*
- 93% better quality of sleep\*
- 2x easier morning waking\*
- 93% better morning alertness\*
- 2.2x improvement in overall mood\*

Sleeping better at night is essential to elevate overall well-being and quality of life and is one of the most important ways to improve a person's health. Improving restorative sleep – the kind that leaves someone feeling thoroughly rested and rejuvenated is what people refer to when they say they had a good night's sleep. It is the experiential benefit of sleep - of waking feeling rested and restored and is associated with improved alertness, cognitive function, mood, energy, and wellbeing. Studies suggest that more than 65% of consumers are not getting enough restorative sleep due to various factors.

Serezin™ Restorative Sleep + Pain Relief has been clinically validated to improve restorative sleep as well as a wide range of sleep measures to help people wake feeling their best. Serezin supports getting to sleep faster and easier, improved sleep quality, and delivers less groggy mornings with better alertness and mood. A synergistic complex of *Boswellia serrata* and *Zingiber officinale*, Serezin provides fast-acting natural pain relief to help reduce daytime and nighttime pain, which is a critical link to improved sleep.

With its multifaceted benefits, Serezin introduces a novel proposition in the sleep aid and natural pain relief markets, providing a broad range of messaging opportunities for consumer products.

GROWTH THROUGH INNOVATION



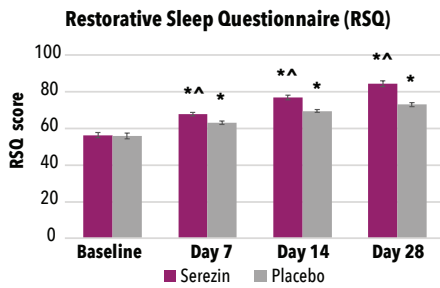
**PLT**  
HEALTH SOLUTIONS

# STUDY DEMONSTRATES MORE RESTORATIVE SLEEP, BETTER SLEEP QUALITY, REDUCED PAIN, EASIER WAKING, AND MORE

A 4-week double-blind, placebo-controlled study was conducted on 60 healthy men and women ages 40-70 years. Subjects self-reported disturbed sleep due to musculoskeletal discomfort and scored below 60 on the Restorative Sleep Questionnaire. They received either a 300 mg dose of Serezin a day or a placebo. Measurements were conducted at 1, 2 and 4 weeks.

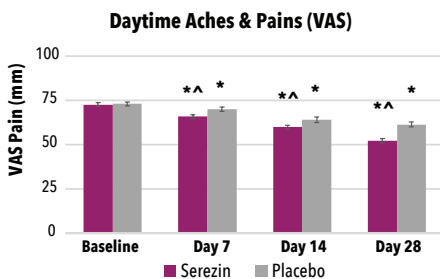
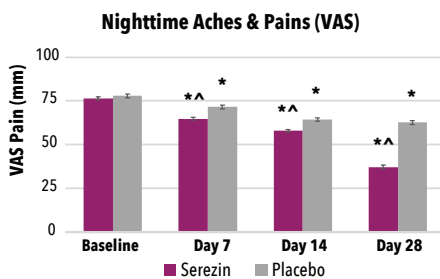
## Improved Restorative Sleep Within 1 Week

Subjects taking Serezin woke feeling more rested and restored within the first week. By 4 weeks, subjects taking Serezin experienced a 64% greater improvement in Restorative Sleep than those taking placebo.



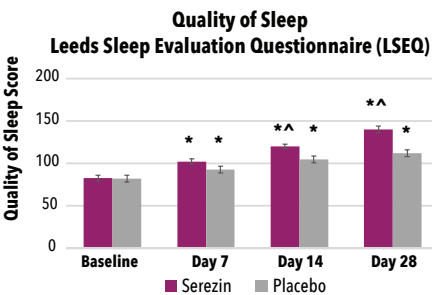
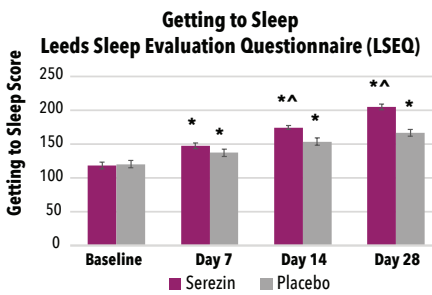
## Reduced Every Day Aches and Pains Within 1 Week

Significant improvements in pain scores started at Day 7 for the Serezin group. By Day 28, subjects taking Serezin experienced 2.6x greater reduction in nighttime discomfort and 75% greater reduction in daytime discomfort compared to placebo.



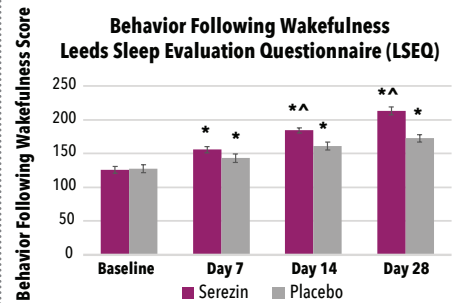
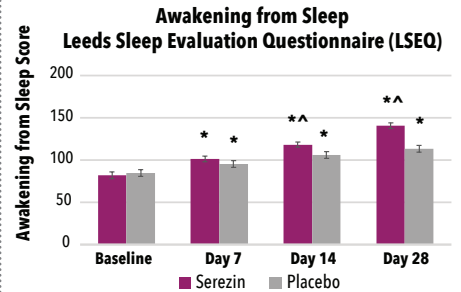
## Easier to Fall Asleep and Better Sleep Quality Within 2 Weeks

With statistically significant improvements by Day 14, subjects taking Serezin experienced improvements in Getting to Sleep that were 85% greater than those taking placebo, and 93% greater improvements in Sleep Quality than those taking placebo by day 28 as assessed by the Leeds Sleep Evaluation Questionnaire.



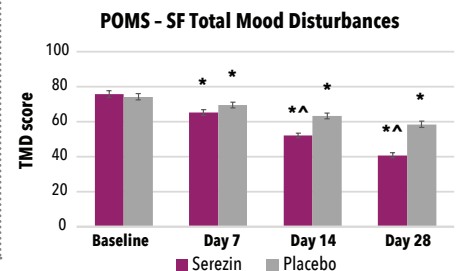
## Improvements in Wake-Up Experience Within 2 Weeks

Subjects taking Serezin reported having a significantly easier time waking up in the morning, and feeling more alert with better motor control upon waking, as assessed by the Leeds Sleep Evaluation Questionnaire.



## Serezin Improved Mood Starting Within 2 Weeks

Mood states were evaluated using a validated questionnaire covering six domains: tension, depression, anger, vigor, fatigue and confusion. Serezin subjects reported improved overall mood starting at Day 14, starting at Day 14.



THERE'S A ROLE FOR PLT IN YOUR FORMULATION. LET US SHOW YOU THE DATA.

Studies on file. Contact us for more information at [info@plthealth.com](mailto:info@plthealth.com)

\* 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.

Contact PLT Health Solutions for samples and more information.

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