



Safe and Effective Options for Fatigue

Sentra AM®

For the dietary management of fatigue and cognitive dysfunction

Sentra AM provides the body with specific amino acids and nutrients required to restore and maintain muscle function, mental alertness, arousal, and memory. **Sentra AM** addresses the increased nutritional needs of the body's nervous system, by providing the precursors to the neurotransmitters required for muscle and cognitive function.

What Does **Sentra AM** Do?

- ▶ **Sentra AM** helps to restore homeostasis to the autonomic nervous system by promoting the production of the key neurotransmitters such as acetylcholine, GABA, glutamate, and glutathione. These important neurotransmitters are responsible for regulating autonomic nervous system activity, and provide the body with the tools it needs to effectively manage functions such as muscle contraction, mental arousal, alertness, memory, breathing, and the sleep wake cycle.
- ▶ Increase Alertness and Memory
- ▶ Increase Autonomic Function
- ▶ Decrease AM Grogginess

How Effective is **Sentra AM**?

In one open label clinical trial conducted with military veterans reporting symptoms associated with PTSD and chronic fatigue, subjects taking two capsules of **Sentra AM** daily for 30 days reported a 27% reduction in symptoms related to PTSD as measured by the PCL-M questionnaire. Subjects reported improvements in concentration, reduction in disturbing memories, avoidance, and irritability.

Reduction in PTSD Symptoms

