

Vitamin D Critical in Fighting Anxiety, Producing Serotonin Supplement Manufacturers Taking Notice

Boston, Dec 10 – In a [2014 study](#), researchers found a link between Vitamin D and the brain chemical Serotonin, which plays a crucial role in regulating mood and fighting anxiety. Study authors Dr. Rhonda Patrick and Dr. Bruce Ames found strong evidence that the human brain requires Vitamin D – which Dr. Patrick estimates 70 percent of Americans do not get “adequate” levels of -- to convert the rare amino acid Tryptophan into Serotonin.

“You need vitamin D to convert L-Tryptophan into serotonin,” said Dr. Patrick in an interview on the Joe Rogan Experience podcast. She went on to say that her research paper explores a mechanism in the body whereby Vitamin D3 helps Serotonin production occur in the brain instead of in the gut. “Serotonin made in the gut actually causes [gastrointestinal] inflammation,” she said.

The involvement of Serotonin in anxiety has been known for some time, but the scientific community is just starting to understand exactly how they are related. This study suggests that when a person doesn’t get enough Vitamin D, his or her body may have trouble converting Tryptophan to Serotonin. In turn, this can lead to anxiety, depression and other psychological disorders.

Taking note of this research, Tranquility Labs is pleased to announce that it has reformulated its anti-anxiety specialty supplement, Tranquilene, to include Vitamin D3. The Tranquilene formula -- with its powerful blend of Tryptophan, the amino acid L-Theanine, and other anxiety-fighting herbs -- has always worked to support the mood-regulating neurotransmitters Serotonin and GABA. With the addition of Vitamin D, Tranquilene now offers even better support for Serotonin production and anxiety prevention.

“It’s critical that we stay current with any research that helps us deliver better relief to our customers,” said Rob Barry, founder of Tranquility Labs LLC. “When we saw this compelling research, it only made sense to improve our formula by adding Vitamin D. “

Medical experts have labeled Vitamin D deficiency as a pandemic. Sunshine is the primary source of Vitamin D, but as more people wear sunscreen or spend less time outdoors, deficiency rates climb. Other contributing factors include advanced age, skin pigmentation, and obesity.

Because food and multi-vitamins do not provide adequate amounts of Vitamin D for many people, and increased sun exposure isn’t advised, supplementation is often recommended. Now, supplementing with Vitamin D is even easier and more cost-efficient. Each dose of Tranquilene contains 100% of the daily recommended

value of Vitamin D, alongside the same calming formula that thousands of people trust to relieve stress and anxiety.

“Science has known for some time that Vitamin D is a ‘feel good’ vitamin,” Barry said. “Now that its role in producing Serotonin has been established, we can see why that is.”

ABOUT TRANQUILENE

Tranquilene is a comprehensive “East meets West” specialty supplement designed to fight stress and anxiety with a key blend of vitamins, amino acids, elemental nutrients and anxiolytic herbal extracts.

ABOUT TRANQUILITY LABS

Tranquility Labs (www.tranquilitylabs.com) creates specialty dietary supplements to support customers with mental health concerns of a non-clinical nature. We believe that our culture is often too quick to medicate without first looking into what nutritional imbalances might be aggravating our issues. Blending tradition with hard research, our supplements are manufactured in North America using only the finest ingredients and techniques.

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Resources:

Vitamin D hormone regulates serotonin synthesis.

<http://www.ncbi.nlm.nih.gov/pubmed/24558199>

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