

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

THE CENTER FOR
**INTEGRATIVE
MEDICINE**

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SENTRA AM

“Rise and Shine”

- Great for patients wanting to increase mental alertness
- Non-addictive
- Supports patients with cognitive disorders and PTSD

Sentra AM is a medical food that was developed by a Los Angeles research cardiologist and provides the brain with the nutrients needed to make glutamate and acetylcholine, the two hormones that are responsible for much of the “Rise and Shine” feeling many patients long for in the morning.

Sentra AM immediately supports patients wanting mental alertness, clarity of thought, and improved memory on waking.

Sentra AM also targets patients with Fibromyalgia, Chronic Fatigue, and Post Traumatic Stress Syndrome.

Usual Dosage: It is recommended that two (2) capsules of Sentra AM be taken in the morning once daily on an empty stomach.