

Directions: As a dietary supplement, take 1 tablet daily.

Viva Be Calm™ is a comprehensive, high-dose formula of B Vitamins, bolstered with GABA and proprietary Serenity Herbal Complex. This unique combination is an ideal way to replenish the vital nutrients that are consistently depleted through the stresses of the day. B Complex vitamins play key roles in energy creation, metabolism and other vital processes. Be Calm™ is a surefire way to keep on top of stressors and to promote calmness and overall wellbeing.†

No sugar, salt, starch, yeast, corn, wheat, lactose, gluten, milk, egg, fish products, artificial coloring, flavoring, or preservatives added.

Store in a cool, dry place. Do not refrigerate. Please recycle.

KEEP OUT OF THE REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.

† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Viva Vitamins™ fully guarantees the potency of this product through:

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16201 Lindbergh Street, Van Nuys, CA 91406
for more information visit www.vivavitamins.com
MADE IN THE USA



● SPECIALTY FORMULAS ●

BE CALM™

extra strength



Time Released

High potency B vitamins
with GABA & Herbs†

210 tablets
dietary supplement

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 210

	Amount Per Serving	%DV
Vitamin B1 (as Thiamine HCl)	150 mg	10,000%
Vitamin B2 (as Riboflavin)	150 mg	8,823%
Niacin (as Niacinamide)	150 mg	750%
Vitamin B6 (as Pyridoxine HCl)	150 mg	7,500%
Folic Acid	800 mcg	200%
Vitamin B12 (as Cyanocobalamin)	160 mcg	2,667%
Biotin	160 mcg	53%
Pantothenic Acid (as Calcium Pantothenate)	150 mg	1,500%
Choline (from Bitartrate)	150 mg	*
Inositol	100 mg	*
PABA (as Para Amino Benzoic Acid)	25 mg	*
GABA (as Gamma-Aminobutyric Acid)	200 mg	*
Proprietary Serenity Complex (Passion Flower, Valerian Root, Hops, Scullycap, Kelp Trace Minerals)	220 mg	*

* %Daily Value (DV) has not been established.

Other Ingredients: Dicalcium phosphate, xanthan gum, stearic acid (vegetable source), magnesium stearate (vegetable source), povidone, cellulose.