

Directions: As a dietary supplement, take one or more tablets daily with a meal, preferably breakfast or lunch. It is not recommended that you take the tablets with dinner since the B vitamins may give you energy in the evening when you want to go to sleep.

Viva Be Calm™ - Regular Strength is a comprehensive, moderate-dose formula of B vitamins, bolstered with GABA and the Proprietary Serenity 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 production, and are used up rapidly under stress. Be Calm™ is a surefire way to keep on top of your stress, and to promote calmness and overall wellbeing. †

No gluten, sugar, salt, starch, yeast, corn, wheat, lactose, citrus, 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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for more information visit www.vivavitamins.com
MADE IN THE USA



● SPECIALTY FORMULAS ●

BE CALM™

regular strength



Time Released

High potency B-Complex
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 Mononitrate)	75 mg	5,000%
Vitamin B2 (as Riboflavin)	75 mg	4,412%
Niacin (as Niacinamide)	75 mg	375%
Vitamin B6 (as Pyridoxine HCl)	75 mg	3,750%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	80 mcg	1,250%
Biotin	80 mcg	27%
Pantothenic Acid (as Calcium Pantothenate)	75 mg	750%
Choline Bitartrate	75 mg	**
Inositol	50 mg	**
PABA (as Para Amino Benzoic Acid)	12.5 mg	**
GABA (as Gamma-Aminobutyric Acid)	100 mg	**
Proprietary Serenity Complex (Passion Flower, Valerian Root, Hops, Scullycap, Trace Minerals (from kelp))	110 mg	**

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

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