

USAGE: Take 1 capsule per day with water or juice on an empty stomach or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

PharmaGABA® is GABA produced through natural fermentation by *Lactobacillus hilgardii*. Clinical studies show that PharmaGABA® can increase alpha-waves and reduce stress-related beta-waves, thus helping to promote calmness while maintaining mental focus.* Theanine, found in green tea, supports relaxation without drowsiness and may improve learning by affecting brain dopamine and serotonin.* Sensoril® ashwagandha extract is clinically studied to reduce fatigue, tension and exhaustion associated with everyday stress.*

Keep out of the reach of children.
Suitable for vegetarians/vegans.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

SENSORIL® PharmaGABA® Suntheanine®

PharmaGABA® is a registered trademark of Pharma Foods International of Japan. Suntheanine® is a registered trademark of Taiyo International, Inc. Sensoril® is protected by U.S. Patent Nos. 6,153,198 and 6,713,092 and is a registered trademark of Natreon, Inc.

Lot #: Best Used Before:

**Jarrow®
FORMULAS**

GABA Soothe®

Clinically Studied Ingredients
Supports Mental Focus*
Promotes Relaxation*

30 DIETARY
VEGGIE CAPS SUPPLEMENT

pharmaGABA®
optimized with
Theanine & Sensoril®



VEGGIE
CAPS



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Supplement Facts

Serving Size 1 Capsule
Servings Per Container 30

	Amount Per Serving	% DV
Gamma-aminobutyric Acid (GABA) (PharmaGABA®)	100 mg	†
Theanine (Suntheanine®)	100 mg	†
Sensoril® (Ashwagandha Extract) (Roots/Leaves) (<i>Withania somnifera</i>)	225 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Distributed Exclusively by:

Jarrow FORMULAS®

Superior Nutrition and Formulation™

P.O. Box 35994

Los Angeles, CA 90035-4317

www.Jarrow.com

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