

200 mg of Zen

200 mg of Zen contains a combination of L-theanine and GABA. L-theanine is found in green tea (*Camellia sinensis*).

Suggested Use

As a dietary supplement, 1 or 2 capsules daily between meals, or as directed by a healthcare practitioner.

Contraindicated with drugs or use only under the supervision of a healthcare practitioner.

Keep in cool, dry place, tightly capped.



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AllergyResearchGroup

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dietary supplement
HYPOALLERGENIC
60 vegetarian capsules

Supplement Facts

Serving Size	2 Capsules
Servings Per Container	30

Amount Per Serving	% Daily Value
GABA (Gamma-Aminobutyric Acid)	550 mg *
L-Theanine	200 mg *

* Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, L-leucine.

Formulated exclusively for
Allergy Research Group®
Alameda, CA 94502
www.allergyresearchgroup.com

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