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**Suggested Usage:** As a dietary supplement, adults take 1 capsule before dinner and/or at bedtime, or as directed by your health professional.

**Warning:** If you are pregnant or nursing, or if you are taking prescription medications, consult your health professional before using this supplement.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.



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**Gluten-free, Non-GMO**

<sup>†</sup>This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula #99579 V2

# Brain Calm

## Dietary Supplement

Relaxation support<sup>†</sup>



**60 Vegetarian Capsules**

## Supplement Facts

Serving Size 1 Vegetarian Capsule

Servings Per Container 60

|                                                 | Amount Per Serving | %DV |
|-------------------------------------------------|--------------------|-----|
| Inositol .....                                  | 500 mg             | *   |
| GABA .....                                      | 100 mg             | *   |
| (gamma amino butyric acid)                      |                    |     |
| Passion Flower Extract .....                    | 100 mg             | *   |
| ( <i>Passiflora incarnata</i> ,<br>aerial part) |                    |     |
| L-Glycine .....                                 | 50 mg              | *   |

\*Daily Value (DV) not established

Other ingredients: Hydroxypropyl methylcellulose (capsule), vegetable stearate, microcrystalline cellulose and silica

Manufactured by: Douglas Laboratories  
600 Boyce Road, Pittsburgh, PA 15205

[www.douglaslabs.com](http://www.douglaslabs.com) 1.800.245.4440