

Suggested Use

Take 1-2 capsules at bedtime or as directed by your healthcare provider. Do not exceed suggested use.

This product has a tamper evident seal under the cap. Do not use if seal is broken or missing. Store at room temperature, in a dry place.

If you are pregnant or nursing, consult your healthcare provider before use. Keep out of reach of children.



NeuroScience Quality

Consistent products, consistent results. Scan to learn more.



Alpha GABA PM[®]

Dietary Supplement

Serotonin/GABA

60 CAPSULES



Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value
L-theanine	400 mg †
Melatonin	3 mg †

Proprietary Blend	530 mg †
Valerian extract (<i>Valeriana officinalis</i>) (root) (0.8% Valerenic acids), Lemon balm extract (<i>Melissa officinalis</i>) (leaf), and 5-hydroxytryptophan (from <i>Griffonia simplicifolia</i> seed extract).	

† Daily Value not established.

Other ingredients: Vegetable capsule (hypromellose, water), organic rice concentrate, and silica.

Distributed by:
 **NeuroScience[®]**
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