

SOURCE NATURALS®



**BIO
ALIGN®**

DIETARY SUPPLEMENT

CALM THOUGHTS™

HELPS REDUCE ANXIETY & STRESS*

SUPPORTS CALM FOCUS*

90 TABLETS

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	1 g	<1%*
Vitamin C (as ascorbic acid)	100 mg	111%
Thiamin (vitamin B-1)	25 mg	2,084%
Riboflavin (vitamin B-2)	25 mg	1,923%
Niacin (as niacinamide)	25 mg	156%
Vitamin B-6 (as pyridoxine HCl)	25 mg	1,471%
Folate (as folic acid)	1,360 mcg DFE (800 mcg folic acid)	340%
Vitamin B-12 (as cyanocobalamin)	50 mcg	2,083%
Pantothenic Acid (as calcium D-pantothenate)	47 mg	954%
Calcium (as calcium citrate, dibasic calcium phosphate & D-pantothenate)	163 mg	13%
Magnesium (as magnesium oxide and amino acid complex)	350 mg	83%
Zinc (as zinc citrate)	15 mg	136%
Manganese (as manganese chelate)	3 mg	130%
Sodium	5 mg	<1%
GABA (gamma-aminobutyric acid)	600 mg	†
L-Tyrosine (as L-tyrosine and N-acetyl L-tyrosine)	250 mg	†
Eleuthero Root Extract	200 mg	†
Taurine	150 mg	†
Gotu Kola Whole Plant Extract	100 mg	†

Lemon Balm Aerial Parts	100 mg	†
Relora® (Phellodendron amurense bark extract and Magnolia officinalis bark extract blend)	100 mg	†
L-Theanine	100 mg	†
Holy Basil Leaf Extract	100 mg	†
Valerian Root	60 mg	†
St. John's Wort Aerial Parts Extract	50 mg	†
St. John's Wort Aerial Parts Ext. Yielding 0.15 mg Hypericins	50 mg	†
Ginger Root	50 mg	†
Licorice Root Extract	50 mg	†
Ginkgo Leaf Ext. (24% flavone glycosides & 6% terpene lactones)	30 mg	†
Schisandra Fruit	30 mg	†

*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

†Daily Value not established.

Other ingredients: stearic acid, dibasic calcium phosphate, acacia gum, modified cellulose gum, silica, and magnesium stearate.

Suggested Use: 1 to 3 tablets daily. Best if taken between meals. If stomach is sensitive, take with meals.

WARNING: Excessive consumption of this product may impair ability to drive or operate heavy equipment. Not recommended for consumption with alcoholic beverages. Do not use this product while taking any medication or if you have a medical condition without the advice of your physician or pharmacist. St. John's Wort is known to interfere with many prescription and non-prescription drugs, and it may also cause increased photosensitivity. Limit exposure to UV radiation. If you are pregnant, may become pregnant, or breastfeeding, consult your healthcare professional before using this product.

Do not use if either tamper-evident seal is broken or missing. Keep out of the reach of children.

California Consumers: ⚠ **WARNING:** Reproductive Harm – www.P65Warnings.ca.gov/food

*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.

FG-107853 BEST IF USED BY 10 24

SN1131 REV J202-K

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