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ACTUAL SIZE

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

GABA (gamma aminobutyric acid) is a non-essential amino acid found mainly in the human brain and eyes. It is considered an inhibitory neurotransmitter, which means it regulates brain and nerve cell activity by inhibiting the number of neurons firing in the brain. GABA is referred to as the "brain's natural calming agent". By inhibiting over-stimulation of the brain, GABA may help promote relaxation and ease nervous tension.\* NOW provides only the naturally occurring L-form as found in food and in the body.

**SUGGESTED USAGE:** As a dietary supplement, take 1 capsule 2 to 3 times daily as needed, preferably with juice or water on an empty stomach. Consider taking this product in combination with NOW® Taurine, Relora® and Magnesium.



# GABA

**NATURAL CALMING EFFECT**

**500 mg**

- With Vitamin B-6
- Promotes Relaxation
- Eases Nervous Tension\*

**100 Capsules**

A Dietary Supplement



## Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin B-6 (from Pyridoxine Hydrochloride)	2 mg	100%
<b>GABA</b> (Gamma Aminobutyric Acid)	<b>500 mg</b>	<b>†</b>

† Daily Value not established.

Other ingredients: Rice Flour, Gelatin (capsule), Magnesium Stearate (vegetable source) and Silica.

Contains no sugar, salt, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

**Do Not Eat Freshness Packet. Keep in Bottle.**

Store in a cool, dry place. Please Recycle.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

Made in the U.S.A.

[www.nowfoods.com](http://www.nowfoods.com)