

ACTUAL SIZE

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

Made in the U.S.A.

www.nowfoods.com

Warning: Please keep out of the reach of children. May reduce the ability to drive or operate machinery.

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

True Calm™ is an effective combination supplement that incorporates the latest amino acid and neurotransmitter research into one easy-to-use formula. True Calm™ includes cerebral nutrients like GABA, an amino acid that supports the down regulation of overstimulated nerve cells. It is synergistically blended with vitamins, herbs and other amino acids to support relaxation and a balanced mood.*

SUGGESTED USAGE: As a dietary supplement, take 1 capsule 1 to 3 times daily, preferably on an empty stomach or just before meals. Consider taking this product in combination with NOW® Relora®, Magnesium and Holy Basil.

True Calm™

NEUROTRANSMITTER SUPPORT

- Amino Acid Blend
- Temporary Relief of Mental Stress
- Supports Relaxed Mood*

90 Capsules
A Dietary Supplement



Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Niacin (as Niacinamide)	45 mg	225%
Vitamin B-6 (from Pyridoxine Hydrochloride)	8 mg	400%
Magnesium (from Magnesium Amino Acid Chelate)	13 mg	3%
GABA (Gamma Aminobutyric Acid)	200 mg	†
Glycine	200 mg	†
Taurine	200 mg	†
Inositol	100 mg	†
Valerian (<i>Valeriana officinalis</i>) (Root)	25 mg	†

† Daily Value not established.

Other ingredients: Gelatin (capsule) and Magnesium Stearate (vegetable source).

Contains no sugar, salt, starch, 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.