

USAGE: Take 1 capsule per day with water or juice on an empty stomach or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

PharmaGABA™ is GABA produced through natural fermentation by *Lactobacillus hilgardii*. Clinical studies show that PharmaGABA™ can increase alpha-waves and reduce stress-related beta-waves, thus helping to promote calmness while maintaining mental focus.* Theanine, found in green tea, supports relaxation without drowsiness and may improve learning by affecting brain dopamine and serotonin.* Sensoril® ashwagandha extract is clinically studied to reduce fatigue, tension and exhaustion associated with everyday stress.*

Keep out of the reach of children.

* 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.

SENSORIL®

PharmaGABA™ **Suntheanine®**

Lot #. Best Used Before:

Jarrow
FORMULAS

GABA Soothe®

Clinically Studied Ingredients
Supports Mental Focus*
Promotes Relaxation*

30 DIETARY
CAPSULES SUPPLEMENT

pharmaGABA®
optimized with
Theanine & Sensoril®



Supplement Facts

Serving Size 1 Capsule

Servings Per Container 30

	Amount Per Serving	% DV
Gamma-aminobutyric Acid (GABA) (PharmaGABA™)	100 mg	*
Theanine (Suntheanine®)	100 mg	*
Sensoril® (Ashwagandha extract) (roots/leaves) (<i>Withania somnifera</i>)	225 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

PharmaGABA™ is a trademark of Pharma Foods International of Japan. Suntheanine® is a registered trademark of Taiyo International, Inc. Sensoril® is protected by U.S. Patent Nos. 6,153,198 and 6,713,092 and is a registered trademark of Natreon, Inc.

**Suitable for
vegetarians/vegans.**

10413GABA

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