200 mg of Zen

200 mg of Zen contains a combination of L-theanine and GABA. L-theanine is found in green tea (*Camellia sinensis*).

Suggested Use

As a dietary supplement, 1 or 2 capsules daily between meals, or as directed by a healthcare practitioner.

Warning: If taking antidepressants or other psychotropic medications, use only under the supervision of a qualified healthcare practitioner. Although we are not aware of any interactions, because these also affect brain function there is theoretical potential for negative or positive interactions, either of which would need to be monitored.

Keep in a cool, dry place, tightly capped.

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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

AllergyResearchGroup®

200 mg of Zen

Calmness Support Day or Night*

dietary supplement

HYPOALLERGENIC

60 vegetarian capsules

Supplement Facts

Serving Size	2 Capsules
Servings Per Container	30

Amount Per Serving		% Daily Value
GABA (Gamma-Aminobutyric Acid)	550 mg	†
L-Theanine	200 mg	†

† Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, rice hull concentrate, gum arabic, sunflower oil.

Formulated exclusively for Allergy Research Group®
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