



# Totally Zen

with GABA, L-Theanine  
& B Vitamins

DIETARY SUPPLEMENT

✓ Healthy Mood\* ✓ Promotes Calmness\* ✓ Mental Clarity\*

60 Capsules | 60 Servings

*Carlson.* Providing the highest quality nutritional supplements since 1965

## Supplement Facts

Serving Size 1 Capsule

Servings Per Container 60

|                                                           | Amount Per Serving | % DV   |
|-----------------------------------------------------------|--------------------|--------|
| Vitamin C (ascorbic acid)                                 | 90 mg              | 100%   |
| Thiamin (Vitamin B-1)(from thiamin HCl)                   | 9 mg               | 750%   |
| Riboflavin (Vitamin B-2)                                  | 10 mg              | 769%   |
| Niacin (as niacinamide)                                   | 25 mg              | 156%   |
| Vitamin B-6 (from pyridoxine HCl)                         | 25 mg              | 1,471% |
| Folate (200 mcg folic acid)                               | 340 mcg DFE        | 85%    |
| Vitamin B-12 (as cyanocobalamin)                          | 50 mcg             | 2,083% |
| Pantothenic Acid (from d-calcium pantothenate)            | 10 mg              | 200%   |
| Magnesium<br>(from magnesium oxide and magnesium citrate) | 50 mg              | 12%    |
| L-Theanine                                                | 100 mg             | †      |
| GABA (Gamma Aminobutyric Acid)                            | 200 mg             | †      |

† Daily Value (DV) not established.

Other Ingredients: Beef gelatin capsule, cellulose, silicon dioxide, magnesium stearate (veg.).

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

**Totally Zen** is specially formulated with GABA, L-Theanine, and B vitamins to help ease occasional nervous tension\* and to promote calmness, mental clarity, and mood health during high-stress times.\*

**Directions:** Adults: take one capsule one to three times daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture. Humidity may cause a darker color.

✓ **Gluten-free** ✓ **No Artificial Preservatives**

**Warning:** Do not take if you are pregnant or lactating. May cause drowsiness in some individuals. Keep out of reach of children.

### POTENCY & QUALITY GUARANTEED

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