

**SUGGESTED USE:** Adults take 1 capsule once a day with water or juice on an empty stomach or as directed by your qualified healthcare professional.

**Jarrow Formulas® GABA Soothe®** includes clinically studied ingredients that support resistance to occasional stress (Ashwagandha extract) and alpha brain wave formation (GABA and Theanine), which is associated with relaxation.\*

**WARNING:** Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use.

**KEEP OUT OF THE REACH OF CHILDREN.**

**STORE IN A COOL, DRY PLACE.**

**\* 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.**

04223GABA PROD # 129044



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APPROX.  
FILL LINE  
↓



VEGAN

# GABA Soothe®

## RELAXATION BLEND

Supports relaxation & resistance to occasional stress\*



**30** VEGGIE CAPSULES

DIETARY SUPPLEMENT



## Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving
Gamma-aminobutyric Acid (GABA)	100 mg †
L-Theanine	100 mg †
Ashwagandha Extract ( <i>Withania somnifera</i> ) (Leaf & Root) (Sensoril®)	225 mg †

† Daily Value (DV) not established.

Other Ingredients: Capsule (hydroxypropylmethylcellulose, water), maltodextrin, microcrystalline cellulose, magnesium stearate (vegetable source) and silicon dioxide.

Distributed by Jarrow Formulas, Inc.

Sherman Oaks, CA 91403, USA

1-866-459-4154 [www.Jarrow.com](http://www.Jarrow.com)

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

PharmaGABA® is a registered trademark of Pharma Foods International of Japan. Sensoril® is patent protected and a registered trademark of Natreon, Inc.

Lot #. Best Used Before:

Do not use if safety seal is damaged or missing.