



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)	10 mg	833%
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 (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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