

Calm Nerves™ calms the mind, soothes the nervous system, and relaxes tense muscles. This powerful, synergistic formula of Dr. Gumman & team integrates the best of Modern Science, Traditional Ayurvedic, and Chinese Medicines.\*

**SUGGESTED USE:** 1-2 capsules once or twice daily with or after meals or as directed by your healthcare practitioner.

**CAUTION:** Keep out of reach of children. Protect from heat, light, and moisture. Do not use if inner seal is missing or broken. Pregnant and nursing women, individuals taking medications or persons with a health condition should consult their healthcare professional before using this product.



Clinical Grade • Certified Lab Tested • Halal • Kosher

Dr. Gumman's  
INTEGRATIVE

Calm Nerves™

Body - Mind - Nerves Harmony\*

## Supplement Facts

Serving size: 1 vegan capsule  
Servings per container: 120

| Each Capsule Contains                                                                                                                                                                                                  | Amount per Serving | % Daily Value |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------|
| Magnesium (from 125 mg Magnesium Gluconate Magnesium Glycinate, and Magnesium Chelate)                                                                                                                                 | 14 mg              | 3.5%*         |
| Gamma-aminobutyric acid (GABA)                                                                                                                                                                                         | 125 mg             | †             |
| L-Theanine                                                                                                                                                                                                             | 100 mg             | †             |
| Coenzyme Q 10 (Ubiquinol)                                                                                                                                                                                              | 100 mg             | †             |
| Proprietary Blend: Ashwin™ Ashwagandha root extract (Withania somnifera)(Standardized to 5% Withanolides), Organic Astragalus root extract (Astragalus membranaceus Bunge)(Standardized to 50%) and Alpha Lipolic Acid | 225 mg             | †             |

\*Percent Daily Values are based on a 2,000-calorie diet.

† Daily Value Not Established

Other Ingredients: Vegan Capsule. [Contains 675 mg active ingredients.]

NO: Soy, dairy, egg, nuts, gluten, salt, sugar, artificial colors, artificial flavors or artificial sweeteners. NON-GMO. No fillers. Color variations are natural

NOTHING ELSE, PURE GOODNESS!

\*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.

Manufactured for and distributed by Harmony Nutraceuticals, LLC  
3701 NW 62nd Street, OKC, OK 73112 • (405) 601-4518  
Support@HarmonyVeda.com • [www.HarmonyVeda.com](http://www.HarmonyVeda.com)



PURE DIETARY SUPPLEMENT • 120 VEGAN CAPSULES

MADE WITH LOVE IN THE USA

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