

CAPSULE SIZE

7



9

CODE 0155B

V4

Caution: For adults only. May reduce the ability to drive or operate machinery. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.
Do Not Eat Freshness Packet. Keep in Bottle.

*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.

SUGGESTED USAGE: As a dietary supplement, take 1 capsule 1 to 3 times daily, preferably on an empty stomach or just before meals. True Calm™ is an effective combination supplement that incorporates the latest amino acid and neurotransmitter research into one easy-to-use formula. True Calm™ includes cerebral nutrients like GABA, an amino acid that supports the down regulation of overstimulated nerve cells. It is blended with vitamins, herbs and other amino acids to support relaxation and a balanced mood.*



True Calm™

NEUROTRANSMITTER SUPPORT

- Amino Acid Blend
- Temporary Relief of Mental Stress
- Supports Relaxed Mood*

90 Veg Capsules

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Niacin (as Niacinamide)	45 mg	225%
Vitamin B-6 (from Pyridoxine HCl)	8 mg	400%
Magnesium (from Magnesium Amino Acid Chelate)	13 mg	3%
GABA (Gamma-Aminobutyric Acid)	200 mg	†
Glycine	200 mg	†
Taurine	200 mg	†
Inositol	100 mg	†
Valerian (<i>Valeriana officinalis</i>) (Root)	25 mg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule) and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108, USA www.nowfoods.com

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Store in a cool, dry place after opening. Please Recycle.