

GLUE NO
INK OR
COATING

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Mental Calm™

Anxiety & Stress Support

Formulated & Distributed by
Rainbow Light Nutritional Systems®
Santa Cruz, CA 95060 ©2014
800.571.4701 www.rainbowlight.com
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Integrative Science Naturally Effective



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Anxiety & Stress Support

Supplement Facts

Serving Size: 1 Mini-Tablet
Servings per Container: 30

	Amount Per Serving	%DV
Vitamin B1 (as Thiamin Cocarboxylase)	1.5 mg	100%
Riboflavin (Riboflavin 5-phosphate)	1.7 mg	100%
Niacinamide (Vitamin B-3)	20 mg	100%
Pyridoxine (as Pyridoxine 5-phosphate)	3 mg	150%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Vitamin B-5 (as CalciumPantothenate)	25 mg	250%
Calming Complex	502 mg	*
Gamma-Aminobutyric Acid (GABA)	250 mg	*
L-Theanine	75 mg	*
Bacopa [leaf]	75 mg	*
Skullcap [root] 4:1 Extract	50 mg	*
Eleuthero [root] 4:1 Extract	50 mg	*
Lavender [flower] Essential Oil	2 mg	*

*Daily Value (DV) not established.

Other ingredients: (natural mineral or vegetable source): cellulose, stearic acid, modified cellulose, silica. Coating: vegetable glaze.

SUGGESTED USAGE: Take one mini-tab daily, or as needed for relaxation.

KEEP OUT OF REACH OF CHILDREN. Consult your health care professional prior to use if you are pregnant, nursing, taking medication or have a medical condition.

Mental Calm™ is a naturally effective integrative health therapy formulated to deliver a powerful combination of clinically researched ingredients, balanced for complete care. Designed to:

Help release stress, anxiety and tension featuring L-theanine and GABA, researched for effect on a healthy stress response and to maintain cortisol balance.*

Support mental calm and focus with complementary coenzyme B's to nourish and balance the nervous system, plus Bacopa, Skullcap and Eleuthero, botanicals traditionally used to calm nerves, support mood and clear mental focus.*

Non-Drowsy



Mental Calm™

with Coenzyme Bs, L-Theanine & GABA

Naturally Effective

Helps release anxiety & stress*

Supports mental calm & focus*

Gluten-Free | Vegetarian
30 Mini-Tablets | Dietary Supplement

Side benefits not side effects:
Restore total-body wellness, safe for everyday use and gentle on the stomach.

Feel the difference guarantee

Vegetarian. Contains NO:
wheat, gluten, milk, tree nuts, peanuts, soy, eggs, fish or shellfish.

Made with natural, purity tested ingredients and NO artificial preservatives, colors, flavors or sweeteners.

*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.