

**Suggested Usage:** Take 1 capsule 2 to 3 times daily as needed, preferably with juice or water on an empty stomach.

GABA (Gamma-Aminobutyric Acid) is a non-protein amino acid that functions as a neurotransmitter in the human brain.\* GABA is naturally produced in the body and its presence within the central nervous system may help promote relaxation and ease nervous tension.\*

\*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.

**Caution:** For adults only. 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.**

Natural color variation may occur in this product.

CAPSULE SIZE

CODE 0087B V5



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# GABA

## 500 mg

Neurotransmitter Support\*

- Gamma-Aminobutyric Acid
- With Vitamin B-6

### 100 Veg Capsules



A Dietary Supplement    Vegetarian/Vegan



Amino Acids

Family owned since 1968.

## Supplement Facts

Serving Size 1 Veg Capsule

|                                      | Amount<br>Per Serving | % Daily<br>Value |
|--------------------------------------|-----------------------|------------------|
| Vitamin B-6<br>(from Pyridoxine HCl) | 2 mg                  | 118%             |
| GABA<br>(Gamma-Aminobutyric Acid)    | 500 mg                | †                |

† Daily Value not established.

Other ingredients: Cellulose (capsule), Rice Flour, Silica and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomington, IL 60108, USA    [nowfoods.com](http://nowfoods.com)

Not manufactured with wheat, gluten, soy, corn, 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.

