

**USAGE:** Take 1 capsule per day with water or juice on an empty stomach or as directed by your qualified health care consultant.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your health care practitioner before using this product.

**PharmaGABA™** is GABA produced through natural fermentation by *Lactobacillus hilgardii*. Clinical studies show that PharmaGABA™ can increase alpha-waves and reduce stress-related beta-waves to promote calmness while maintaining mental focus.\* Theanine, found in green tea, supports relaxation without drowsiness and may improve learning by affecting brain dopamine and serotonin.\* Sensoril® ashwagandha extract is clinically proven to reduce fatigue, tension and exhaustion associated with everyday stress.\*

**Keep out of the reach of children.**

\* 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.

**SENSORIL®** **PharmaGABA™** **Suntheanine®**

Lot #. Best Used Before:

**Jarrow**  
FORMULAS®

**GABA**

**PharmaGABA™**  
optimized with  
**Theanine & Sensoril®**

**Soothe™**

**Promotes Relaxation\***  
**Supports Mental Focus\***  
**Clinically Proven Ingredients**  
**30 Vegetarian Capsules**  
**Dietary Supplement**

## Supplement Facts

Serving Size 1 Capsule

Servings Per Container 30

|                                                                                 | Amount Per Capsule | % DV |
|---------------------------------------------------------------------------------|--------------------|------|
| Gamma-aminobutyric Acid (GABA)<br>(PharmaGABA™)                                 | 100 mg             | *    |
| Theanine (Suntheanine®)                                                         | 100 mg             | *    |
| Sensoril® (Ashwagandha extract)<br>(roots/leaves) ( <i>Withania somnifera</i> ) | 225 mg             | *    |

\* Daily Value not established.

Ingredients: Cellulose, magnesium stearate (vegetable source), silicon dioxide. Capsule consists of hydroxypropylmethylcellulose, no wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

PharmaGABA™ is a trademark of Pharma Foods International of Japan. Suntheanine® is a registered trademark of Taiyo International, Inc. Sensoril® is protected by U.S. Patent Nos. 6,153,198 and 6,713,092 and is a registered trademark of Natreon, Inc.

**Suitable for vegetarians/vegans.**

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**Jarrow FORMULAS®**  
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P.O. Box 35994  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)



1210GABA  
PROD # 129044



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