

Suggested Usage: Take 1 capsule 1 to 3 times daily, preferably on an empty stomach or just before meals. True Calm™ is a combination of amino acids and their cofactor nutrients formulated to support the normal production and function of calming neurotransmitters in the brain.* True Calm™ includes GABA and glycine, two amino acids that promote relaxed state of mind, along with Taurine, another amino acid with calming properties.* These nutrients are blended with Valerian, which is known to interact with the GABA receptors in the nervous system.*

*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. 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.

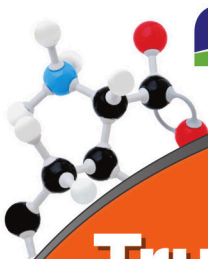
Natural color variation may occur
in this product.

CODE 0155C V6



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CAPSULE SIZE



True Calm™

Neurotransmitter Support*

- Promotes Relaxed Mood*
- Amino Acid Blend with B Vitamins & Valerian

90 Veg Capsules



A Dietary Supplement Vegetarian/Vegan



Amino Acids

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Niacin (as Niacinamide)	45 mg	281%
Vitamin B-6 (from Pyridoxine HCl)	8 mg	471%
Magnesium (from Magnesium Bisglycinate) (TRAACS®)	6.5 mg	2%
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 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.

U.S. Patent 7,838,042 and patents pending, and the trademark TRAACS® are used under license from Albion Laboratories, Inc.

