

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

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional 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, thus helping 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 studied to reduce fatigue, tension and exhaustion associated with everyday stress.\*

**Keep out of the reach of children.  
Suitable for vegetarians/vegans.**

\* 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®**

PharmaGABA® is a registered 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.

Lot #. Best Used Before:

**Jarrow®  
FORMULAS**

# GABA Soothe®

Clinically Studied Ingredients  
Supports Mental Focus\*  
Promotes Relaxation\*

30 DIETARY  
VEGGIE CAPS SUPPLEMENT

pharmaGABA®  
optimized with  
Theanine & Sensoril®



www.nsfnongmo.org

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 30

	Amount Per Serving	% DV
Gamma-aminobutyric Acid (GABA) (PharmaGABA®)	100 mg	†
Theanine (Suntheanine®)	100 mg	†
Sensoril® (Ashwagandha Extract) (Roots/Leaves) ( <i>Withania somnifera</i> )	225 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, magnesium stearate (vegetable source) and silicon dioxide. Capsule consists of hydroxypropylmethylcellulose.

No wheat, gluten, soybeans, dairy, egg, fish/shellfish, or peanuts/tree nuts.

Store in a cool, dry place.

Distributed Exclusively by:

**Jarrow FORMULAS®**

Superior Nutrition and Formulation™  
Los Angeles, CA 90035-4317

[www.Jarrow.com](http://www.Jarrow.com)

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06219GABA

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FILL LINE

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