

ACTUAL SIZE

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108  
Made in the U.S.A.  
www.nowfoods.com

**Warning:** Please keep out of the reach of children. May reduce the ability to drive or operate machinery.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

relaxation and a balanced mood.\*

True Calm™ is an effective combination supplement that incorporates the latest amino acid and neurotransmitter research into one easy-to-use formula. True Calm™ includes cerebral nutrients like GABA, an amino acid that supports the down regulation of overstimulated nerve cells. It is synergistically blended with vitamins, herbs and other amino acids to support

**SUGGESTED USAGE:** As a dietary supplement, take 1 capsule 1 to 3 times daily, preferably on an empty stomach or just before meals. Consider taking this product in combination with NOW® Relora®, Magnesium and Holy Basil.

# True Calm™

NEUROTRANSMITTER SUPPORT

- Amino Acid Blend
- Temporary Relief of Mental Stress
- Supports Relaxed Mood\*

**90 Capsules**  
A Dietary Supplement



## Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Niacin (as Niacinamide)	45 mg	225%
Vitamin B-6 (from Pyridoxine Hydrochloride)	8 mg	400%
Magnesium (from Magnesium Amino Acid Chelate)	13 mg	3%
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: Gelatin (capsule) and Magnesium Stearate (vegetable source).

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives.

**Do Not Eat Freshness Packet. Keep in Bottle.**

Store in a cool, dry place. Please Recycle.