

**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.\* NOW provides only the naturally occurring L-form of GABA as found in food, as well as in the body.

\*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 V3



# GABA

## 500 mg

Natural Neurotransmitter\*

- Promotes Relaxation\*
- Natural L-Form
- 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 Per Serving	% Daily Value
Vitamin B-6 (from Pyridoxine HCl)	2 mg	100%
<b>GABA (Gamma-Aminobutyric Acid)</b>	<b>500 mg</b>	<b>†</b>

† 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

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.

Store in a cool, dry place after opening.

Please Recycle.

