

Tranquility™

Calms the Nervous System and Promotes Relaxation*

- Promotes mental and physical relaxation*
- Supports healthy levels of GABA (gamma-aminobutyric acid)*
- Encourages restful sleep*

Tranquility™ features a blend of classic tonic and relaxant herbal nervines. Tonic nervines are herbs that nourish the nervous system to promote healthy function. Relaxant nervines are herbs that exert a calming effect on excited nerves. These botanicals are useful for promoting mental and physical relaxation. In addition, Tranquility™ promotes healthy levels of GABA (gamma-aminobutyric acid) and possesses adaptogenic qualities to support healthy cognitive function and mental performance during stress.*



Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 45

	Amount Per Serving	%Daily Value
Glycine	250 mg	*
Passion Flower (<i>Passiflora incarnata</i>) Aerial Parts Ext.	150 mg	*
Jujube (<i>Zizyphus spinosa</i>) Seed Ext.	150 mg	*
Kava (<i>Piper methysticum</i>) Root Ext.	100 mg	*
Skullcap (<i>Scutellaria lateriflora</i>) Aerial Parts Ext.	75 mg	*
Lemon Balm (<i>Melissa officinalis</i>) Leaf and Stem Ext.	75 mg	*
L-Theanine (Suntheanine®)	50 mg	*
Saffron (<i>Crocus sativus</i>) Bulb Ext.	50 mg	*
Lavender (<i>Lavandula officinalis</i>) Flower Ext.	50 mg	*
Magnolia (<i>Magnolia officinalis</i>) Bark Ext.	30 mg	*

* Daily Value Not Established

Other Ingredients: Microcrystalline Cellulose, Vegetable Capsule (Hydroxypropyl Methylcellulose, Water), Magnesium Stearate, Silicon Dioxide.

Suntheanine® is a registered trademark of Taiyo International, Inc.

DOES NOT CONTAIN: Wheat, soy, milk, eggs, fish, crustacean shellfish, tree nuts, peanuts

Available 90 capsules

SUGGESTED USE: 2 capsules daily or as directed by your healthcare practitioner

*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.



FEATURING

Glycine

The amino acid Glycine, as a precursor to GABA, inhibits excitatory neurotransmitters (most notably, noradrenaline). Important for relaxation, Glycine also plays a key role in maintaining healthy functioning of the central nervous system.*

Passion Flower and Skullcap

In herbal traditions worldwide, these herbs are valued as effective remedies for stress, worry and occasional sleeplessness and were combined for this purpose. Passion Flower was a primary herb used by Eclectic Physicians to induce relaxation and improve sleep for those experiencing mental worry and overwork. Skullcap also offers a soothing influence on the nervous system, conducive to relaxation and a natural, restful sleep.*

Jujube Seed

This is one of the premier nutritive herbs used in Traditional Chinese Medicine to promote natural relaxation and sleep and to help calm the mind. It contains unique triterpenes known as jujubosides which are responsible for its relaxing effects.*

Kava

Kava, known for its ability to relieve temporary anxiety and occasional sleeplessness, has been widely used in the South Pacific for over 3,000 years as a ceremonial beverage and traditional medicine. It was also used by the ancient Hawaiians for its ability to relax body, mind and spirit after a hard day of physical labor.*

Cyracos® Lemon Balm

Lemon Balm has been used since antiquity as a calming nervine. The German Commission E formally recommends Lemon Balm to support healthy sleep in nervous states.*

Suntheanine®

Theanine, an amino acid found in tea, helps to promote calmness and relaxation. Research finds that L-theanine stimulates the production of alpha brain waves and is involved in the formation of GABA.*

Oat Seed

Oat seed has been valued for hundreds of years by herbalists because of its gentle, effective qualities that nourish and calm the nervous system. It is traditionally combined with Passion Flower and Skullcap to help promote calmness and a natural sleep.*

Our specialty ingredients are certified by analysis for purity and potency, and this product is manufactured under current Good Manufacturing Practices (cGMP).



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