

# Pure Tranquility liquid

Supports relaxation<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Relaxation support<sup>†</sup>
- Occasional stress support<sup>†</sup>

## BENEFITS

- Supports relaxation without drowsiness<sup>†</sup>
- Helps moderate occasional stress while maintaining immune health<sup>†</sup>
- Maintains healthy IgA levels<sup>†</sup>

## FEATURES

- Contains combination of GABA, glycine and L-theanine
- Convenient, great-tasting liquid formula for easy dispensing
- Made with high-quality vegetarian ingredients backed by verifiable science

## VERIFIABLE SCIENCE

PureTranquility liquid offers calming support with the main inhibitory neurotransmitters, GABA and glycine.<sup>1</sup> Both GABA and L-theanine enhance alpha wave production in the brain to promote relaxation and moderate occasional stress. In an open trial, GABA promoted alpha waves and moderated beta waves within 1 hour of administration.<sup>2</sup> Several studies indicate that L-theanine enhances alpha wave production in the occipital and parietal regions of the brain, an indicator of relaxation, without causing drowsiness.<sup>3,4</sup> Evidence suggests that GABA and L-theanine also maintain healthy IgA levels, potentially supporting immune health during occasional stress.<sup>5,6†</sup>

## SUGGESTED USE

As a dietary supplement, take 4 ml (4 full droppers), 1-2 times daily, between meals.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- GABA (gamma-aminobutyric acid) and glycine are synthetic
- Suntheanine® L-Theanine is produced from enzymatic fermentation

## NOTES

Size 1 ml dropper

Serving size 4 droppers full, 4 ml (0.13 fl oz)

Order code PTL

Bottle size 120 ml

## REFERENCES

1. Sanacora G, et al. *Arch Gen Psychiatry*. 2004 Jul;61(7):705-13.
2. Yoto A, et al. *A Acids*. 2012 Sep;43(3):1331-7.
3. Nobre AC, et al. *Asia Pac J Clin Nutr*. 2008;17 Supl 1:167-8.
4. Song CH, et al. *Korean J Nutr*. 2003 Nov;36(9):918-923.
5. Abdou AM, et al. *Biofactors*. 2006;26(3):201-8.
6. Kimura K, et al. *Biol Psychol*. 2007 Jan;74(1):39-45.

## SUPPLEMENT FACTS

**4 ml (4 full droppers), 1-2 times daily, between meals.**

**Serving size: 4 ml (0.13 fl oz)**

**Servings per container: 29**

**4 ml (0.13 fl oz) (4 full droppers) contain:**

GABA (gamma-aminobutyric acid)	100 mg
Suntheanine® L-theanine	100 mg
Glycine (free-form)	50 mg

Other ingredients: purified water, natural vegetable glycerin, evaporated cane sugar, citric acid, natural apple flavor, potassium sorbate, purified stevia leaf extract

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



Pure Tranquility liquid	Quantity	Order Code
	116 ml (3.92 fl oz)	PTL

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