Pure Tranquility liquid

Supports relaxation[‡]

INDICATIONS

- Ages 18 and up
- Relaxation support^{*}
- Occasional stress support[‡]

BENEFITS

- Supports relaxation without drowsiness[‡]
- Helps moderate occasional stress while maintaining immune health[‡]
- Maintains healthy IgA levels[‡]

FEATURES

- Contains combination of GABA, glycine and Itheanine
- 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.¹ Both GABA and I-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.² Several studies indicate that I-theanine enhances alpha wave production in the occipital and parietal regions of the brain, an indicator of relaxation, without causing drowsiness.^{3,4} Evidence suggests that GABA and I-theanine also maintain healthy IgA levels, potentially supporting immune health during occasional stress.^{5,6‡}

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[®] I-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.
- Song CH, et al. Korean J Nutr. 2003 Nov;36(9):918-923.
- 5. Abdou AM, et al. Biofactors. 2006;26(3):201-8.
- Kimura K, et al. Biol Psychol. 2007 Jan;74(1):39-45.

SUPPLEMENT FACTS

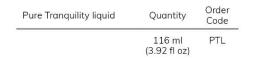
4 ml (4 full droppers), 1-2 times daily, between meals. Serving size: 4 ml (0.13 fl oz) Servings per container: 29

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

GABA (gamma-aminobutyric acid)	100 mg
Suntheanine [®] I-theanine	100 mg
Glycine (free-form)	50 mg
Other ingredients: purified water, natural vegetab	ole glycerin, evaporated
cane sugar, citric acid, natural apple flavor, potas	sium sorbate, purified
stevia leaf extract	

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