



BACK TO THE BOOK  
NUTRITION

## CALM COMPLEX

DIETARY SUPPLEMENT

180 CAPSULES

### Supplement Facts

Serving Size 4 Capsules  
Servings Per Container 45

#### Amount Per 4 Capsules

GABA (gamma-amino butyric acid)	500 mg*
L-Theanine (Suntheanine®‡)	400 mg*
Ashwagandha Extract ( <i>Withania somnifera</i> )(root)	200 mg*
Valerian Extract ( <i>Valeriana officinalis</i> )(root)	200 mg*
Passion Flower Extract ( <i>Passiflora incarnata</i> ) (aerial portion)	100 mg*

\*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water).

Manufactured for:  
**Nutrition By The Book LLC**  
10245 Kempwood Drive Ste. E-127  
Houston, TX 77043  
info@backtothebooknutrition.com  
www.backtothebooknutrition.com

**Caution:** May cause drowsiness. Do not take this product while operating machinery or driving a vehicle. If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your physician before using this product. KEEP OUT OF REACH OF CHILDREN.

**Free of the following common allergens:** milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans. Contains no artificial colors, flavors, or preservatives.

**Suggested Use:** For occasional stress or tension: 2 capsules 2 times daily. For sleep support: 4 capsules at bedtime. Dosage may be adjusted to individual needs or as directed by a healthcare professional. Best taken on an empty stomach.

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

Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light.

Produced under a strict quality management system in compliance with Good Manufacturing Practices (GMPs) and third-party quality certifications.

