

200 mg of Zen

Calmness Support Day or Night*

200 mg of Zen contains gamma-aminobutyric acid (GABA) and theanine (glutamic acid gamma-ethylamide), an amino acid derivative found naturally in green tea (*Camellia sinensis*). Together they help support healthy moods and a feeling of relaxation without sedation, whether during the day or the night.*

Key Features

- Supports a feeling of general relaxation and enhanced calmness*
- Promotes positive moods and normal symptoms during PMS*
- May be helpful during daytime or nighttime*



Item #74700: 60 vegetarian capsules
Item #76650: 120 vegetarian capsules

Also Available

Liposomal Zen®

Enhanced Calmness Day or Night*

Liposomal Zen® is an advanced delivery version of our product, 200 mg of Zen.* Its liposomal delivery system uses phospholipids for increased direct absorption.* The unilamellar (single bilayer) liposomes encapsulate the ingredients inside a spherical phospholipid bilayer membrane, which allows increased direct absorption in the upper intestine.*



Item #76810
50 mL (1.7 fl. oz.)

200 mg of Zen

Research has shown that dietary components can modulate the body's levels of neurotransmitters, e.g. serotonin, dopamine, norepinephrine, and GABA. Alterations in the levels of these neurotransmitters, perhaps induced by metabolic stress or vitamin deficiencies, e.g. vitamin B6, can significantly influence mood and emotional status, as well as motor function.*

GABA is the major inhibitory neurotransmitter in the brain and is active at 20% of central nervous system synapses. GABA, via its neuronal A receptor, inhibits neurons by causing an influx of chloride ions. This chloride influx initiated by GABA is known to be part of the bodily mechanisms involved with mood, muscle relaxation and sedation.* A decrease in GABA's function as an inhibitory mediator or a dysregulated sensitivity of GABA receptors can lead to increased neuronal activity.*

Theanine is also recognized to have calming properties.* Theanine offers a unique combination of properties, allowing it to help relieve occasional sleeplessness, and at other times to help support calm alertness when experiencing fatigue or drowsiness.* Human studies have demonstrated that oral theanine supplementation increases alpha wave activity, fostering a state of calm relaxation.* Theanine also supports a normal, healthy moods during premenstrual syndrome, and diminishes the normal symptoms of premenstrual syndrome.*

Although L-theanine is a component of green tea, 200 mg of Zen does not contain caffeine. We use only Suntheanine®, pure L-theanine from Taiyo International, Inc.

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Supplement Facts		
Serving Size	2 Capsules	
Servings Per Container	30 or 60	
Amount Per Serving	% Daily Value	
GABA (Gamma-Aminobutyric Acid)	550 mg	†
Suntheanine® L-theanine	200 mg	†
† Daily Value not established.		

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, rice hull concentrate, gum arabic, sunflower oil.

Suggested Use: As a dietary supplement, 1 or 2 capsules daily between meals, or as directed by a healthcare practitioner.

Warning: If taking antidepressants or other psychotropic medications, use only under the supervision of a qualified healthcare practitioner. Although we are not aware of any interactions, because these also affect brain function there is theoretical potential for negative or positive interactions, either of which would need to be monitored.

Liposomal Zen®


Supplement Facts		
Serving Size	4 Pumps (2 mL)	
Servings Per Container	25	
Amount Per Serving	% Daily Value	
GABA (Gamma-Aminobutyric acid)	150 mg	†
Suntheanine® L-Theanine	100 mg	†
Phospholipids (from Soy Lecithin)	135 mg	†
† Daily value not established.		


Other ingredients: Water, glycerin, ethanol, d-alpha tocopheryl polyethylene glycol 1000 succinate.

Contains: **Soy.**

Suggested Use: As a dietary supplement, 1 to 4 pumps one or two times daily between meals, or as directed by a healthcare practitioner.

Warning: If taking antidepressants or other psychotropic medications, use only under the supervision of a qualified healthcare practitioner. Although we are not aware of any interactions, because these also affect brain function there is theoretical potential for negative or positive interactions, either of which would need to be monitored.

 Contains Suntheanine®, pure L-theanine from Taiyo International, Inc.



*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.