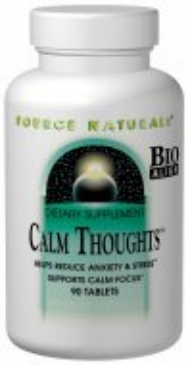


Calm Thoughts™

Bio-Aligned Formula™ * Helps Reduce Anxiety



enlarge bottle

Calm Thoughts addresses the multiple, interdependent body systems that are involved with stress. It influences neuromodulation, energy generation, the adrenals and the musculoskeletal system. Calm Thoughts combines soothing botanicals such as St. John's wort, bacopa and Relora® herbal blend, with supporting nutrients including GABA, L-theanine, magnesium, tyrosine, and folic acid, to provide a balanced formula for relaxed well-being.

Supplement Facts
Serving Size: 3 tablets

	Amount	%DV
Vitamin C (as zinc ascorbate)	100 mg	170%
Thiamin (vitamin B-1)	25 mg	1670%
Riboflavin (vitamin B-2)	25 mg	15%
Niacinamide	25 mg	120%
Vitamin B-6 (as pyridoxine HCl)	25 mg	1250%
Folate (as folic acid)	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	30 mcg	480%
Pantothenic Acid (as calcium D-pantothenate)	50 mg	500%
Calcium (as calcium citrate)	193 mg	20%
Magnesium (as magnesium oxide and taurinate)	300 mg	80%
Zinc (as zinc citrate)	15 mg	100%
Manganese (as manganese chelate)	3 mg	†
GABA (gamma amino butyric acid)	600 mg	†

In - Depth Info


PDF **Bio-Aligned™ Brochure**
Feeling symptom free means you're happy just to be alive and breathing. Your mood is positive,...


PDF **Calm Thoughts™ Kava**
Calm Your Anxiety.Source Naturals CALM THOUGHTS KAVA is a comprehensive formula designed to help...

Related Symptoms

Brain Support

Those interested in this product also viewed


Life Force™ Multiple
Bio-Aligned Formula™ * Daily Energy Booster * Capsules and Tablets


Wellness Formula®
Bio-Aligned Formula™ * Capsules and Tablets


Essential Enzymes™
Bio-Aligned Formula™ * Original and Vegetarian Capsules


Skin Eternal™
(formerly Skin Renew™)

L-Tyrosine (as L-tyrosine and N-acetyl L-tyrosine)	250 mg	†
Eleutherococcus senticosus Root	200 mg	†
Taurine (as magnesium taurinate)	128 mg	†
Bacopa monniera Leaf Extract (20%)	100 mg	†
Yielding 20 mg Bacosides		
Relora® Phellodendron amurense and	100 mg	†
Magnolia officinalis Extract Blend		
L-Theanine	100 mg	†
Lemon Balm Leaf	100 mg	†
Valerian Root	60 mg	†
St. John's Wort Leaf & Flower Extract (0.3%)	50 mg	†
Yielding 0.15 mg Hypericin		
Ginger Root	50 mg	†
Licorice Root Extract	50 mg	†
Ginkgo Biloba Leaf 24% (50:1 extract)	30 mg	†
Schizandra Fruit	30 mg	†

Other Ingredients: dibasic calcium phosphate, stearic acid, acacia, modified cellulose gum, colloidal silicon dioxide, sorbitol and magnesium stearate.

Warning: Not recommended for use by persons under the age of 18. If pregnant, breastfeeding, or taking a prescription drug, consult your physician prior to use. Do not exceed recommended dose. Excessive consumption may impair ability to drive or operate heavy equipment. Not recommended for consumption with alcoholic beverages. Contains Tyrosine. Not to be used with MAO inhibitor drugs.

Suggested Use: One to three tablets daily. Best if taken between meals.

SN1130 45 tabs • SN1131 90 tabs



Male Response™
Bio-Aligned Formula™ * Virility Complex