



NATURE'S SUNSHINE

Gaba Plus

Kosher

Non-GMO

GOOD FOR

Brain

Nervous System

SIZE **60 Capsules**

ITEM # **1823**

SERVING **2**

SUPPLY **15 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

Gaba Plus brings together five carefully chosen ingredients that work with your body's own calming systems — helping quiet mental noise, ease everyday tension, and support the kind of steady, clear-headed energy that lets you show up fully each day.

GABA — GABA is your brain's natural "slow down" signal. It helps quiet overactive mental chatter, ease the edge off everyday stress and anxious feelings, and support a more relaxed, settled state of mind — making it the cornerstone of this calming formula.

L-Glutamine — L-glutamine is one of the most versatile amino acids in the body. It helps keep your gut lining strong and comfortable, supports your body's natural antioxidant defenses, and even plays a role in balancing the brain chemistry that drives cravings — making it a quiet but powerful team player in this blend.

Passionflower — Used for centuries as a gentle calming herb, passionflower has been studied in clinical trials where it showed real promise for easing anxious feelings — in one study performing comparably to a prescription option, but with fewer unwanted effects. It works gently alongside GABA's own pathways in the brain.

Taurine — Taurine is a naturally occurring compound found throughout your body — especially in your heart, muscles, and brain. It supports the same calming nerve pathways that GABA does, helping to ease tension and promote a more balanced mood. It also acts as an antioxidant, helping protect your cells from everyday wear and tear.

Spirulina — Spirulina is a nutrient-dense blue-green algae that rounds out this formula with broad wellness support. Rich in iron, B vitamins, and natural pigments, it helps support healthy red blood cells, strengthens your body's antioxidant defenses, and even helps your immune system stay balanced — a true whole-body nourisher.

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