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> NOW GABA 500 mg, 200 Veg Capsules Instruction Manual

## NOW Foods 88

# NOW GABA 500 mg, 200 Veg Capsules Instruction Manual

Comprehensive guide for safe and effective use.

## 1. INTRODUCTION TO NOW GABA 500 MG

GABA (gamma aminobutyric acid) is a non-essential amino acid primarily found in the human brain and eyes. It functions as an inhibitory neurotransmitter, regulating brain and nerve cell activity by moderating the firing of neurons. This product provides the naturally occurring form of GABA, as found in food and within the body.



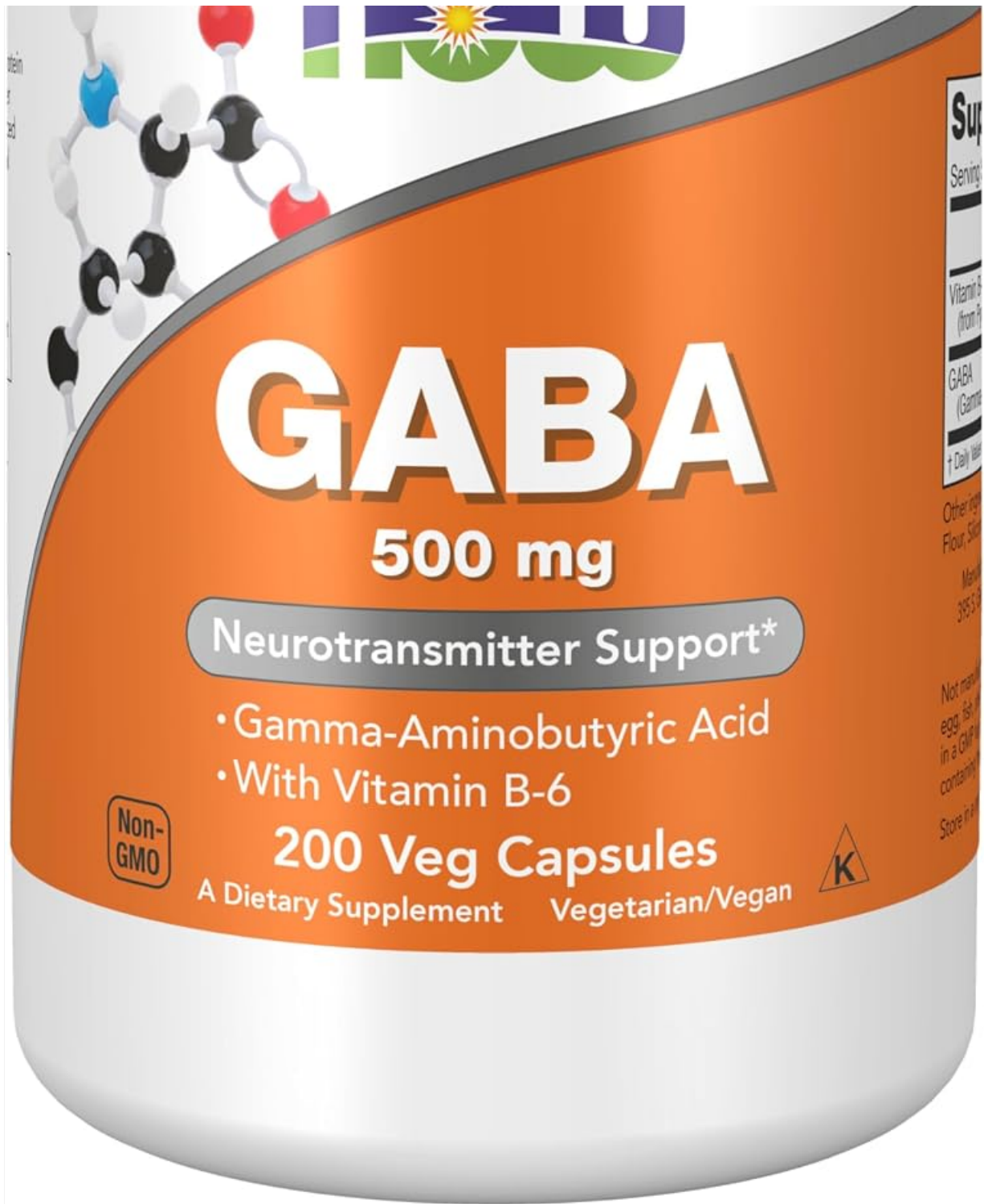


Image 1.1: Front view of the NOW GABA 500 mg, 200 Veg Capsules bottle.

## 2. IMPORTANT SAFETY INFORMATION

### WARNING:

- Do not eat freshness packet. Keep freshness packet in bottle.
- Keep out of reach of children.
- This product is labeled to United States standards and may differ from similar products sold elsewhere in its ingredients, labeling, and allergen warnings.
- Consult your doctor before consuming any supplements to ensure no negative interactions may occur, especially if you have pre-existing medical conditions or are taking other medications.

### 3. INGREDIENTS

Each serving (1 Veg Capsule) contains:

- **Vitamin B-6** (from Pyridoxine HCl): 2 mg (118% Daily Value)
- **GABA** (Gamma-Aminobutyric Acid): 500 mg

**Other Ingredients:** Hypromellose (cellulose capsule), Rice Flour, Silicon Dioxide, and Stearic Acid (vegetable source).

**Allergen Information:** Not manufactured with wheat, gluten, soy, corn, milk, egg, fish, shellfish, or tree nut ingredients.

Produced in a GMP facility that processes other ingredients containing these allergens.





Image 3.1: Detailed Supplement Facts label, showing Vitamin B-6 and GABA content per capsule.

## 4. DIRECTIONS FOR USE

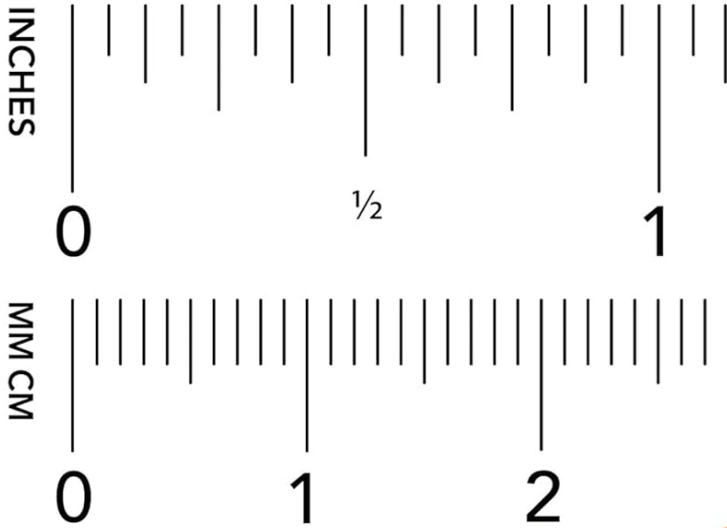
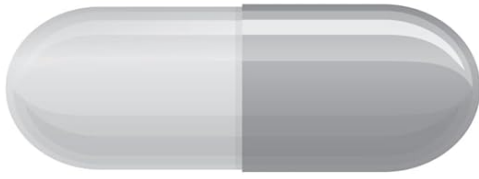
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**Recommended Dosage:** Take 1 capsule 2 to 3 times daily as needed.

**Administration:** Preferably with juice or water on an empty stomach.

GABA is a non-protein amino acid that functions as a neurotransmitter in the human brain. Its presence within the central nervous system may help promote relaxation and ease nervous tension.

# Capsule Size



Size and color shown may vary from actual product.

Image 4.1: Visual representation of the capsule size, approximately 1 inch or 2.5 cm in length.

## 5. PRODUCT SPECIFICATIONS

Specification	Detail
Brand	NOW Foods
Item Form	Capsule
Unit Count	200 Count
Primary Supplement Type	Vitamin B6
Flavor	Unflavored
Diet Type	Kosher, Vegan, Vegetarian
Special Ingredients	Amino Acid

Specification	Detail
Product Dimensions (L x W x H)	2.81 x 2.81 x 5.13 inches
Item Weight	0.45 Pounds (7.2 ounces)
Item Model Number	88
Date First Available	January 8, 2004
Manufacturer	NOW Sports - Nutrition and Wellness

## 6. QUALITY AND CERTIFICATIONS

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NOW Foods maintains high standards for product quality and manufacturing processes.

- **Non-GMO:** This product is Non-GMO.
- **Vegan/Vegetarian:** Suitable for vegan and vegetarian diets.
- **Gluten-Free:** Made without gluten.
- **Kosher:** Certified Kosher.
- **GMP Quality Assured:** NPA A-rated GMP certification signifies that every aspect of the NOW manufacturing process has been examined, including laboratory and testing methods for stability, potency, and product formulation.
- **Manufacturing Standards:** NOW conducts over 31,000 quality tests each month, utilizing over 150 scientists trained on advanced analytical instruments to test for various substances, including pesticides and potency.



## THERE IS A FINE LINE BETWEEN PASSION AND OBSESSION.

And by conducting 31,000 quality tests each month we've happily crossed it! At NOW, we have 150+ scientists that are trained on the most cutting-edge analytical instruments to test for everything from pesticides to potency.

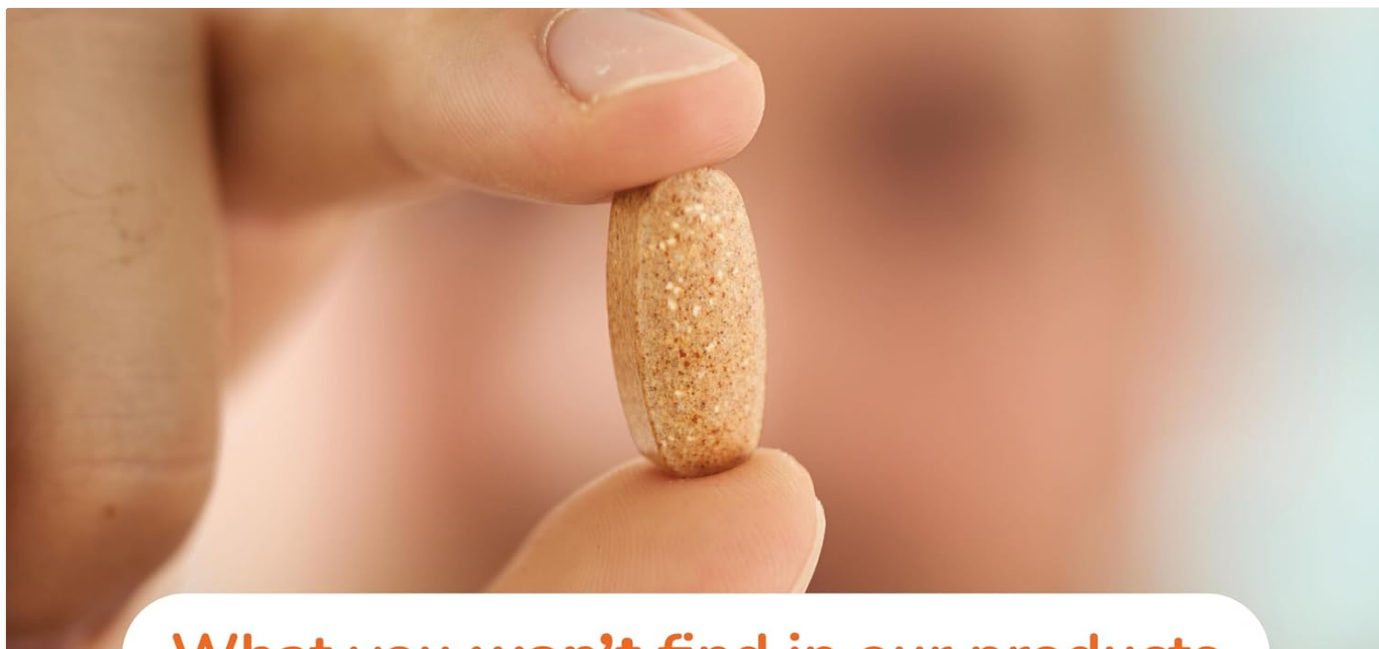
Image 6.1: Laboratory environment demonstrating quality testing procedures.

# Certifications Matter

Intertek GMP certification means that every aspect of the NOW® supplement manufacturing process has been audited, including our laboratory/testing methods (for stability, potency, and product formulation).



Image 6.2: Intertek GMP certification details, highlighting audited manufacturing processes.



## What you won't find in our products

⊗ Aspartame, Sucralose, or Ace K	⊗ Microbial Pathogens	⊗ Unlabeled Common Allergens	⊗ Artificial Colors
⊗ Hydrogenated Oils	⊗ Parabens	⊗ MSG	⊗ Artificial Flavors
⊗ Harmful Levels of Pesticides	⊗ Irradiation of Food and Supplement Ingredients	⊗ Harmful Levels of PCBs and Dioxins	⊗ Nano-Particle Ingredients

The item shown may differ from what you receive.

Image 6.3: Information detailing substances intentionally excluded from NOW products, such as aspartame, microbial pathogens, and artificial colors.

## 7. STORAGE INSTRUCTIONS

Store in a cool, dry place after opening to maintain product integrity and freshness.

## 8. MANUFACTURER INFORMATION

This product is manufactured by NOW Sports - Nutrition and Wellness, a family-owned and operated company since 1968, based in the USA.

# Since the beginning...

NOW® has believed in the mission of Vitamin Angels.



FOUNDING  PARTNER



Image 8.1: NOW's partnership with Vitamin Angels, supporting global nutrition initiatives.

This manual provides informational content for the NOW GABA 500 mg, 200 Veg Capsules. For further assistance, please contact the manufacturer.