



Pure Tranquility liquid

Introduced 2012



What Is It?

Pure Tranquility liquid offers a great-tasting convenient combination of GABA, glycine and L-theanine to support relaxation and moderate occasional stress.*

Special Features

- Offers calming support with the main inhibitory neurotransmitters GABA and glycine*
- Enhances alpha wave production in the brain with GABA and L-theanine to promote relaxation and moderate occasional stress*
 - In an open trial, GABA promoted alpha waves and moderated beta waves within 1 hour of administration*
 - In a preliminary study, L-theanine enhanced alpha wave production in the occipital and parietal regions of the brain, an indicator of relaxation, without causing drowsiness*
- Maintains healthy IgA levels with GABA and L-theanine, suggesting support for immune health during occasional stress*

What Is The Source?

GABA (gamma-aminobutyric acid) and glycine are synthetic. Suntheanine® L-theanine is produced from enzymatic fermentation.

Recommendations

Pure Encapsulations recommends 1-2 servings daily, in divided doses, between meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Higher doses of theanine have been associated with drowsiness in some people, but these effects were not observed at lower doses. Consult your physician for more information.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

Pure Tranquility liquid

4 ml (0.13 fl oz) (2 full droppers) contain v

GABA (gamma-aminobutyric acid)	100 mg
Suntheanine® L-theanine	100 mg
glycine (free-form)	50 mg

other ingredients: purified water, natural vegetable glycerin, evaporated cane sugar, citric acid, natural apple flavor, potassium sorbate, purified stevia extract

servings size: 4 ml (0.13 fl oz)
servings per container: 29
1-2 servings daily, in divided doses, between meals.

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