

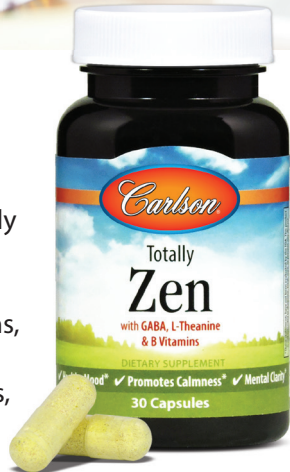
A Clear, Calm Mind

Totally Zen health benefits:*

- ✓ Healthy Mood
- ✓ Promotes Calmness
- ✓ Mental Clarity



A busy lifestyle, a bad night's sleep, or an unfortunate event can throw off our mind-body balance. Regardless of the cause, we all have days when our bodies need a little extra support. Reset your mindset with Totally Zen, a supplement that promotes calmness, mental clarity, and a healthy mood.* It's specially formulated with B-complex vitamins, L-theanine, GABA, and other nutrients that help ease occasional nervous tension, stress, moodiness, and fuzzy thinking.*



Carlson[®]

Award-Winning Quality Since 1965

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Mood-Boosting Benefits

Totally Zen is scientifically designed with the following nutrients to promote a healthy mood and calmness during high-stress times:

L-Theanine helps improve mood by promoting relaxation and calmness and helps reduce occasional stress and nervous tension.*

Gamma Amino Butyric Acid (GABA) helps us maintain mental focus and promotes a relaxed, calm state of mind.*

Magnesium is a multifunctional mineral that works synergistically with B vitamins to help reduce occasional stress.*

B-Complex Vitamins help support energy levels and a healthy mood.*

Vitamin C is a powerful antioxidant that helps support a healthy mood.*

1 Capsule Provides	
Vitamin C (ascorbic acid)	90 mg
Thiamin (Vitamin B-1)(from thiamin HCl)	10 mg
Riboflavin (Vitamin B-2)	10 mg
Niacin (as niacinamide)	25 mg
Vitamin B-6 (as pyridoxine HCl)	25 mg
Folate (200 mcg folic acid)	333 mcg DFE
Vitamin B-12 (as cyanocobalamin)	50 mcg
Pantothenic Acid (from d-calcium pantothenate)	10 mg
Magnesium (from magnesium oxide and magnesium citrate)	50 mg
L-Theanine (as pyridoxine HCl)	100 mg
GABA (Gamma Aminobutyric Acid)	200 mg

4621-2a



Size	Code
30 Capsules	4620
60 Capsules	4621
120 Capsules	4622



MK 462C

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©2019 **J.R. Carlson Laboratories, Inc.**, 600 W. University Drive, Arlington Heights, IL 60004

Fax: 847-255-1605 • E-mail: carlson@carlsonlabs.com

Phone: 847-255-1600 • 888-234-5656 • www.carlsonlabs.com

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