

ALIGNED by DESIGN™

RELAX COMPLETE

GABA, L-THEANINE,
5-HTP + CHAMOMILE

Relax Complete is designed to help promote the activity of the neurotransmitters gamma-aminobutyric acid (GABA) and serotonin, which may help support healthy mood, occasional anxiety, and calm feelings.* Relax Complete contains PharmaGABA®, a form of GABA manufactured by a fermentation process. Support to produce calming neurotransmitters is also provided by L-theanine and taurine.*

GABA is a vital calming neurotransmitter. It helps support a healthy response to emotional stress and may help with occasional anxiety due to its effect on over-stimulation and excitation in the brain.* Chamomile has a long history of medicinal use for its calming and relaxation effects. It acts on GABA receptors and supports other neurotransmitters to help reduce occasional anxiety and support relaxation and calmness.*

L-theanine is an amino acid found in tea that has been shown to support stress and occasional anxiety and promote relaxation.* The molecule of 5-hydroxytryptophan (5-HTP) is an important precursor to the neurotransmitter serotonin and the sleep hormone melatonin. Taurine is an amino acid that can positively affect neurotransmitter transmission that research demonstrates may provide support for healthy moods and occasional anxiety.* Phosphatidylserine is an important fat molecule in neuronal cells that modulates neurotransmitter release to support mood.* B vitamins and magnesium also play a role in supporting mental health and mood by affecting neurotransmitters and other activities in the brain.*

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MecobalActive® is a registered trademark of HEALTHTECH BIO ACTIVES, S.L.U.

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



NON-GMO



SOY-FREE



DAIRY-FREE



GLUTEN-FREE



VEGAN

Highlights

- Contains 100 mg of PharmaGABA®, a fermented form of GABA
- Includes 50 mg of 5-HTP to support healthy neurotransmitter status*
- Methylated vitamin B12 to enhance bioavailability
- Vitamin B6 as pyridoxal-5-phosphate to enhance bioavailability
- Phosphatidylserine from sunflower lecithin

Benefits*

- Supports a healthy stress response
- Supports healthy moods
- Supports occasional anxiety
- Aids feelings of calmness and relaxation

Recommended Use:

Take 2 capsules per day or as directed by your health-care practitioner.

Warning: Not recommended for use by pregnant or lactating women, or by those taking selective serotonin reuptake inhibitor (SSRI) or monoamine oxidase inhibitor (MAOI) medications.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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