

# Tranquilent™ - Chewable Inhibitory Support\*

## SYNOPSIS AND REVIEW

Balance between inhibitory and excitatory neurotransmitters is vital to health and well-being. Inhibitory neurotransmitters such as serotonin and GABA control excitatory signals in the nervous system. That's why supporting inhibitory neurotransmitters often results in an overall calming and relaxing effect.

Tranquilent includes ingredients that support the action of inhibitory neurotransmitters.\* 5-HTP supports serotonin synthesis.\* Myo-inositol works to support serotonergic receptors.\*<sup>1</sup> Theanine, as Suntheanine®, supports both the release of GABA and its function.\*<sup>2,3</sup>

The chewable format makes Tranquilent easy to use for children and easy to take on the go as needed. It may also be combined with **Lentra™**, **SomniTR™**, or **Prolent™** for added inhibitory support.\*



## EXPLANATION OF INGREDIENTS

**L-theanine as Suntheanine® (standardized to >99%):** Shown to promote relaxation by multiple mechanisms including antagonizing glutamate receptors, increasing the release of GABA and decreasing norepinephrine levels in the brain\*<sup>2,3</sup>

**5-HTP:** A naturally occurring amino acid and metabolite of L-tryptophan. 5-HTP is the direct precursor in the biosynthesis of serotonin.\* Use of 5-HTP avoids the rate-limiting conversion of tryptophan to 5-HTP

**Myo-inositol (inositol):** A precursor for the second messenger system (phosphatidyl-inositol) used by noradrenergic, cholinergic and serotonergic receptors.\* Inositol regulates numerous cellular functions including membrane and receptor function\*<sup>1</sup>

## Supplement Facts

Serving Size: 1 Chewable Tablet  
Servings per Container: 30

	Amount Per Serving	% Daily Value
Relax Now Blend †	1045 mg	*
Myo-inositol (inositol)		
L-Theanine (as Suntheanine®)		
5-hydroxytryptophan ( <i>Griffonia simplicifolia</i> ) (seed)		

\* Daily Value not established.



Suntheanine® brand L-Theanine is a registered trademark of Taiyo International, Inc. Suntheanine® is Generally Recognized as Safe (GRAS) & is Non-GMO Project Verified.

\*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.