

## Tran-Q®

60 Tablets

Support for Tension Release\*

**Serving Size:**

1 Tablet

Ingredient	Amount	Daily Value
A 4:1† Proprietary Herbal Extract blend of:	500 mg	*
Polygala Root ( <i>Polygala tenuifolia</i> ),		
Jujube Fruit ( <i>Ziziphus spinosa</i> ),		
Poria Fungus ( <i>Poria cocos</i> ),		
Biota Seed ( <i>Biota orientalis</i> ),		
Gardenia Fruit ( <i>Gardenia jasminoides</i> ),		
Tangerine Peel ( <i>Citrus reticulata</i> ),		
Bai-Zhu Atractylodes Rhizome ( <i>Atractylodes macrocephala</i> ),		
Licorice Root ( <i>Glycyrrhiza uralensis</i> ),		
Platycodon Root ( <i>Platycodon grandiflorum</i> ),		
Rehmannia Root ( <i>Rehmannia glutinosa</i> ),		
Job's Tears Seed ( <i>Coix lachryma-jobi</i> )		



**Other Ingredients:** Microcrystalline cellulose, cellulose, croscarmellose sodium, stearic acid (vegetable), and silica.

**Directions:** Take one tablet three times daily or as directed by your healthcare practitioner.

**This product is non-GMO, gluten free, and vegetarian.**

**Warning:** Do not use if pregnant or nursing. If taking medication, consult your healthcare practitioner before use.

**Caution:** Keep out of the reach of children.

**Storage:** Keep tightly closed in a cool, dry place.

†Equivalent to 2000 mg raw, dried, unprocessed herbs.

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Support for Tension Release\*

**Tran-Q** is a classic herbal stress management formula designed to promote relaxation in individuals who feel overwhelmed and physically tense.\*

### **Benefits:**

Traditionally used to help release tension in those who feel overwhelmed and physically tense\*

Classically used to address multiple organs and systems involved in the stress response\*

Ideal for those who are "stressed and worried"\*

### **Q. How does Tran-Q® compare to other products or approaches?**

This product contains only natural ingredients for a safer approach. It provides botanicals with time-tested traditional use that suggest value in modern clinical experience for strategic stress response support. Herbal supplements often come with added quality concerns, but Metagenics takes added measures on all herbal products for quality assurance. This formula is also suitable for vegetarian use.\*

### **Q. How does Tran-Q® work?**

It provides adaptogenic herbs traditionally used to release tension and address organs and systems involved in the stress response to help promote physical relaxation and a sense of well-being.\*

### **Q. How long is Tran-Q® typically recommended?**

This formula was designed for strategic, short-term support for physical tension release in times of stress. Individual results and recommendations may vary based on your individual needs. For best results, follow your health care professional's guidelines.\*

### **Q. Who would benefit from Tran-Q®?**

Health care professionals typically recommend this product for those who are "stressed and worried"—individuals with a restless mind (such as recurring thought patterns or feeling agitated) and physical tension who may feel overwhelmed by stress.\*

### **Q. Why is Tran-Q® safe?**

It contains a blend of natural ingredients with an excellent safety profile. Plus, Metagenics' manufacturing facility has 3 certifications for good manufacturing practices to ensure the highest quality. For a higher degree of reliability and predicted safety, Metagenics herbal formulas are evaluated by our MetaBotanica® Method to assure quality and the presence of active factors for optimal effectiveness.\*