PharmaGaba

A natural way to attain calm focus

What is GABA?

GABA (gamma-aminobutyric acid) is a neurotransmitter in the brain and central nervous system. It is naturally synthesized from the amino acid glutamate, but some individuals may benefit from additional amounts. While glutamate is an "excitatory" neurotransmitter, GABA is inhibitory, which helps to balance the stimulating effects of glutamate. GABA slows down the activity of nerve cells and helps prevent them from over-firing. Through this mechanism, GABA serves as a calming agent for the body, helping to combat occasional stress and anxiety. Keeping GABA levels optimal may help support balanced moods and a healthy response to stressful situations.

Because of GABA's effect on the parasympathetic nervous system (which is responsible for the relaxing "rest and digest" state, as opposed to the "fight or flight" feelings induced by the sympathetic nervous system), PharmaGaba may be of great benefit in situations where a relaxed state of mind is necessary. If the mind is relaxed, it allows for clear thinking, better focus, and greater concentration. In this respect, GABA may be of benefit in academics, helping to improve learning capacity. This concept also holds true with respect to athletes and sports performance. Athletes sometimes refer to this state of mind as being "in the zone," where their ability to relax and focus leads to a greater level of concentration on their performance and a reduction in pre-competition nervousness. PharmaGaba may also help reduce the agitation that often accompanies efforts to quit smoking and change other longstanding habits, as well as help to reduce "racing thoughts" that make it difficult to fall asleep.

PharmaGaba is provided as chewable tablets, a delivery method that allows for rapid and efficient absorption and assimilation. As a result, benefits may be felt very quickly, which could be helpful in acutely stressful situations. The tablets are free of gluten and refined sugar, and are sweetened with the polyol, xylitol, and the natural herb, stevia.

Due to its role in promoting calm, PharmaGaba may be beneficial for the following:

- Anxious thoughts or agitation
- Cravings for sugar or alcohol
- Concentration and mental clarity in academic settings
- Calm focus in preparation for athletic events
- Difficulty falling asleep

Recommended Use

As a dietary supplement, chew two tablets per day, or as directed by your health care practitioner.

Who Should Not Take

Pregnant women and children under 6 years old should avoid taking PharmaGaba. Use of PharmaGaba may conflict with taking anxiety medications. Do not take PharmaGaba with excess alcohol consumption as it may exacerbate the relaxation effect of alcohol drastically.

*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.

ADAPTOGEN RESEARCH • 625 BARKSDALE ROAD, SUITE 113 • NEWARK, DE 19711 • 302-213-0030