

GABA

Calm Mind



Clinical Applications

- Helps moderate occasional stress[†]
- Regulates cell-to-cell communication[†]

*Gamma-Aminobutyric acid (GABA), as the major inhibitory neurotransmitter in the central nervous system. Studies indicate that it promotes positive mood, supports relaxation and moderates occasional stress.**

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Discussion

As the main inhibitory neurotransmitter for the central nervous system, GABA plays a central role in regulating cell-to-cell communication. Healthy levels have been associated with positive mood. A recent study indicates that GABA also enhances alpha wave production in the brain to promote relaxation and moderate occasional stress. In the same study, it supported healthy IgA levels, suggesting that it may support immune health during occasional stress.†

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Capsule

GABA (Gamma-aminobutyric acid) 420 mg*

*Daily Value not established.

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), ascorbyl palmitate, and silicon dioxide.

Suggested use:

As a dietary supplement, 1 capsule, 2 to 4 times daily between meals or as directed by a healthcare professional.

Caution:

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.



***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.**

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