



**Code:** 9284 **NPN:** 80051092  
**Size:** 90 Vegetarian Capsules  
**Actual Size:** 19.22 mm x 6.72 mm



# GABA-Pro®

**Fast Acting Calming Effect**  
**100% Natural GABA · 100 mg**

- Uses Pharma GABA™, a naturally sourced form of GABA
- Naturally manufactured via a fermentation process that uses *Lactobacillus hilgardii*, the bacterium used to ferment vegetables in the preparation of kimchi, the traditional Korean dish
- Improves calmness and relaxation from daily stress, eases nervous tension, and reduces the negative effects of caffeine consumption, without causing drowsiness
- Fast acting – effects can be felt in as little as five minutes and can last from four to six hours<sup>1</sup>
- Generally recognized as safe (GRAS) status in the United States
- Suitable for vegetarians and vegans

## PRODUCT SUMMARY

Gamma-aminobutyric acid (GABA) is one of the major inhibitory neurotransmitters in the central nervous system, balancing the excitatory effects of glutamate on neuronal activity. The inhibitory effects of GABA are generally considered to lessen anxiety, relax muscle tension, and have sedative-like effects.<sup>2-4</sup> GABA has also been shown to cause a significant increase in alpha brain waves, which are associated with a more relaxed state and better concentration.

In a clinical trial involving people with a fear of heights, a control group crossing a suspension bridge had a 35% decrease in salivary levels of secretory immunoglobulin A (sIgA), a marker for stress-related decreases in immune system activity. Participants who crossed the same bridge, but took GABA-Pro had increases in sIgA levels, suggesting a stress-reducing effect.<sup>1,5,6</sup>

Many medications used for insomnia also target GABA receptors and activity, with effects such as decreasing wakefulness, shortening sleep latency, and increasing slow-wave sleep.<sup>7-9</sup>

Pharma GABA is well absorbed and binds to GABA receptors in the peripheral nervous system (PNS), the arm of the autonomic nervous system (ANS) responsible for producing the “relaxation response” – the opposite of the “fight or flight” response. In a double-blind, crossover study, 12 young adult males taking 30 mg of PharmaGABA per meal after an overnight fast had significant increases in overall ANS and PNS activities, compared to placebo. This suggests Pharma GABA may induce relaxation effects by modulating ANS activity.<sup>10</sup>



## GABA-PRO®

FAST ACTING CALMING EFFECT · 100% NATURAL GABA · 100 MG

**Serving Size:** 1–2 Vegetarian Capsules

**Servings per Container:** 45–90

### Each Vegetarian Capsule Contains:

Gamma-Aminobutyric Acid (GABA)..... 100 mg  
(from 129 mg Pharma GABA™ 80 Complex)

**Non-medicinal Ingredients:** Rice powder, vegetarian capsule (carbohydrate gum [cellulose], purified water), vegetable grade magnesium stearate (lubricant), silica.

**Recommended Adult Dose:** 1–2 capsules 3 times per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 4 weeks.

**Recommended Use:** GABA (gamma-aminobutyric acid) is an important neurotransmitter and is known to be the brain's natural calming agent. GABA-Pro helps in proper functioning of the brain and nerve cells, which produces a focusing and calming effect. GABA-Pro can quickly promote relaxation and ease nervous tension without causing drowsiness.

GABA-Pro contains Pharma GABA, a naturally-sourced form, superior to that of synthetic GABA. It is naturally manufactured via a fermentation process that utilizes *Lactobacillus hilgardii*, the bacterium used to ferment vegetables in the preparation of kimchi, a traditional Korean dish.

**Caution:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Do not use with alcohol. Keep out of reach of children.

**Drug Interactions:** No known drug interactions have been documented; however a theoretical concern exists for interaction with CNS depressants, and GABA may decrease blood pressure in people with hypotension, including those taking hypotensive agents.

**Contains no artificial colours, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, soy, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

### References

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2. Gajcy, K., Lochyński, S., & Librowski T. (2010). A role of GABA analogues in the treatment of neurological diseases. *Current Medicinal Chemistry*, 17(22), 2338-2347.
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7. Walsh, J.K., Salkeld, L., Knowles, L.J., et al. Treatment of elderly primary insomnia patients with EVT 201 improves sleep initiation, sleep maintenance, and daytime sleepiness. *Sleep Medicine*, 11(1), 23-30.
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9. Yamatsu, A., Yamashita, Y., Panharipande, P., et al. (2016). Effect of oral gamma-aminobutyric acid (GABA) administration on sleep and its absorption in humans. *Food Science and Biotechnology*, 25(2), 547-551.
10. Fujibayashi, M., Kamiya, T., Takagaki, K., et al. (2008). Activation of autonomic nervous system activity by the oral ingestion of GABA. *Journal of Japan Society of Nutrition and Food Sciences*, 61, 129-133.



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Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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