



Code: 9284

Size: 90 Vegetarian Capsules

Actual Size: 19.22 mm x 6.72 mm



GABA-Pro®

Calming Effect* · Promotes Relaxation*

- GABA (gamma-aminobutyric acid) is an important neurotransmitter in the brain and is known to be the brain's natural calming agent*
- Uses Pharma GABA®, manufactured via a fermentation process that uses *Lactobacillus hilgardii*, the bacterium used to ferment vegetables in the preparation of the traditional Korean dish, kimchi
- GABA-Pro helps in normal functioning of the brain and nerve cells, which supports a focusing and calming effect*
- GABA-Pro can quickly promote relaxation and ease occasional nervous tension without causing drowsiness*
- 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 effects of GABA are generally considered to promote relaxation and ease occasional nervous tension.*²⁻⁴ GABA has also been shown to support an increase in alpha brain waves, which help maintain a more relaxed state and better concentration.*

GABA may support healthy immune system function by helping to maintain normal levels of secretory immunoglobulin A (SIgA), a marker of immune activity-related stress. In one study involving people with a fear of heights, a control group crossing a suspension bridge had a 35% decrease in salivary levels of SIgA, while participants taking Pharma GABA had increased levels of SIgA, suggesting a relaxation effect.*^{1,5,6}

GABA activity and its receptors may help to temporarily decrease wakefulness, maintain normal sleep latency, and support slow-wave sleep.*⁷⁻⁹

Pharma GABA is well absorbed and binds to GABA receptors in the peripheral nervous system. This activates the parasympathetic nervous system, 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 healthy young adult males taking 30 mg of Pharma GABA per meal after an overnight fast had significant increases in overall ANS and parasympathetic activities, compared to placebo. This suggests Pharma GABA may support relaxation effects by modulating ANS activity.*¹⁰ It may also help support memory and cognitive function.* In two randomized, double-blind, placebo-controlled, parallel-group clinical trials with healthy participants 40 years and older, those receiving 100 or 200 mg of GABA daily for 12 weeks either maintained or improved cognitive function, respectively.^{11,12}



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 45

	Amount Per Serving	% Daily Value
Gamma Amino Butyric Acid (GABA)	200 mg	**

** Daily Value not established.

Other ingredients: Rice starch, vegetarian capsule (carbohydrate gum [cellulose], purified water), silica, magnesium stearate (vegetable grade).

Serving Size: 2 Vegetarian Capsules

Servings Per Container: 45

Suggested Usage: 1–2 capsules up to 3 times per day or as directed by a health care professional.

Caution: Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. 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 colors, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, yeast, 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

1. Abdou, A.M., Higashiguchi, S., Horie, K., et al. (2006). Relaxation and immunity enhancement effects of gamma aminobutyric acid (GABA) administration in humans. *Biofactors*, 26(3), 201-208.
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.
3. Kendell, S.F., Krystal, J.H., & Sanacora, G. (2005). GABA and glutamate systems as therapeutic targets in depression and mood disorders. *Expert Opinion on Therapeutic Targets*, 9(1), 153-168.
4. Nemeroff, C.B. (2003). The role of GABA in the pathophysiology and treatment of anxiety disorders. *Psychopharmacology Bulletin*, 37(4), 133-146.
5. Yoto, A., Murao, S., Motoki, M., et al. (2012). Oral intake of aminobutyric acid affects mood and activities of central nervous system during stressed condition induced by mental tasks. *Amino Acids*, 43(3), 1331-1337.
6. Yang, Y., Koh, D., Ng, V., et al. (2002). Self-perceived work related stress and the relation with salivary IgA and lysozyme among emergency department nurses. *Occupational & Environmental Medicine*, 59(12), 836-841.
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.
8. Lundahl, J., Staner, L., Staner, C., et al. (2007). Short-term treatment with gaboxadol improves sleep maintenance and enhances slow wave sleep in adult patients with primary insomnia. *Psychopharmacology (Berl)*, 195(1), 139-146.
9. Yamatsu, A., Yamashita, Y., Pandharipande, P., et al. (2016). Effect of oral γ -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.
11. Yamatsu, A., Nakamura, U., Saddam, H., et al. (2020). Improvement of Memory and Spatial Cognitive Function by Continuous Ingestion of 100 mg/day of γ -Aminobutyric Acid (GABA) – A Randomized, Double-blind, Placebo-controlled Parallel-group Clinical Trial. *Jpn Pharmacol Ther*, 48(3), 475-486.
12. Yamatsu, A., Nakamura, U., Saddam, H., et al. (2020). Intake of 200 mg/day of γ -Aminobutyric Acid (GABA) Improves a Wide Range of Cognitive Functions – A Randomized, Double-blind, Placebo-controlled Parallel-group Clinical Trial. *Jpn Pharmacol Ther*, 48(3), 461-474.



· GUARANTEED ·

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.



PRODUCT OF CANADA
Manufactured for and distributed
by Bioclinic Naturals® U.S.
14224 167th Ave. SE,
Monroe WA, USA 98272
bioclinicnaturals.com

FOR PROFESSIONAL USE ONLY. *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.

© All Rights Reserved Bioclinic Naturals® 2020. December 9, 2020. 9225444

Head office Assured Natural Distribution Inc., 104 – 3686 Bonneville Place, Burnaby, BC, Canada V3N 4T6 | U.S. Distribution office 14224 167th Avenue SE, Monroe, WA, USA 98272

Customer service 1-877-433-9860 · Fax 1-877-433-9862 · Email customersupport@bioclinicnaturals.com