

GABA-Pro® – Fast Acting Calming Effect

About GABA-Pro

- Gamma-amino butyric acid (GABA) is one of the key chemical messengers in the brain that helps decrease the activity of nerve cells (neurons). This action helps GABA lessen anxiety without causing drowsiness.¹⁻³
- GABA-Pro uses Pharma GABA™, which is naturally sourced and has superior action in the body compared to synthetic GABA. Pharma GABA is manufactured by a fermentation process using *Lactobacillus hilgardii*. This is the same bacterium used to ferment vegetables in kimchi, a traditional Korean dish.
- GABA-Pro is fast acting, increasing the activity of the parasympathetic nervous system (our “rest and digest” function) within 5–30 minutes after taking the product.
- A clinical study showed that the use of GABA helps increase alpha brain waves, which are associated with greater focus, relaxation, and a meditative state.⁴
- Ongoing stress can suppress the immune system especially salivary IgA (Immunoglobulin A), which is the first line of defence against bacteria and viruses like the common cold and flu.⁵ Using IgA as a marker for immune activity, scientists gave Pharma GABA to a small group of patients with a fear of heights. While the control group had a 35% decrease in IgA, the treatment group (those receiving GABA) had increased levels of SIgA, indicating that GABA helped reduce the associated stress and temporary anxiety of crossing over the river gorge.^{4,6,7}
- 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with effects such as decreasing wakefulness, shortening sleep latency, and increasing slow-wave sleep.⁸⁻¹⁰ In a small unpublished study, natural source GABA-Pro reduced the time it took to fall asleep by 20% while also improving the amount of time spent in a deep sleep stage by 20%.
- GABA-Pro has been shown to help reduce work-related psychological fatigue in those who were chronically tired.
- Using 100 mg of GABA-Pro 30–60 minutes before bedtime helped reduce nighttime urination in the elderly by 10%.
- GABA-Pro has been shown to help support memory and cognitive function.^{11,12}
- GABA-Pro is gentle and non-habit forming with virtually no side effects, unlike synthetic GABA-enhancing substances.
- Available as a delicious chewable tablet or an easy-to-swallow vegetarian capsule.

How to Use GABA-Pro

- 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.
- Chew 1–2 tablets 3 times per day or as directed by a health care practitioner. Consult a health care practitioner for use beyond 4 weeks.

Cautions and Contraindications

- 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.

Quick Tips for Optimal Health

- GABA is not found in foods, but can be helped by increasing foods rich in the amino acid L-glutamine. This include beef, chicken, fish, eggs, milk, dairy products, wheat, cabbage, beets, beans, spinach, etc.¹³
- GABA is a non-essential amino acid formed from glutamic acid with the help of vitamin B6.
- Sixty-minute Asana yoga sessions help increase brain GABA by 27%.¹⁴
- Sixty minutes of yoga three times per week may help maintain normal brain levels of GABA and support a relaxed mood.¹⁵
- Regular meditation practice may also help promote GABA levels.¹⁶
- May have a synergistic action with another type of brain nutrient – phosphatidylserine (PS). PS may aid GABA uptake into nerve cells.¹⁷

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

References

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