

GABA-Pro® – Calming Effect*

About GABA-Pro

- Gamma-amino butyric acid (GABA) is one of the key chemical messengers in the brain that helps modulate the activity of nerve cells (neurons).* This helps GABA support relaxation without causing drowsiness.*¹⁻³
- GABA-Pro uses natural source Pharma GABA®, 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 helps support the activity of the parasympathetic nervous system, our “rest and digest” function.*
- GABA may help support alpha brain waves, which are associated with greater focus, relaxation and a meditative state.*⁴
- Being aware and managing our stress can help support a healthy immune system, and important defenses such as salivary IgA (Immunoglobulin A).*⁵
- Using IgA as a marker for immune activity, scientists recruited 8 healthy people and assigned them to either a treatment (GABA) group or a control group. Secretory IgA (SIgA) levels were measured after the stressful task of walking across a swaying suspension bridge. While the control group had a 35% decrease in IgA, the treatment group experienced increased levels of SIgA. Scientists concluded that GABA helped support relaxation during the temporary stress of crossing over the bridge.*⁴⁻⁷
- Natural source GABA-Pro may help support healthy induction and maintenance of deep sleep.*⁸⁻¹⁰
- GABA-Pro may help maintain steady energy during work-related tasks.*
- It may also help support cognitive function and memory.*^{11,12}
- GABA-Pro is gentle and non-habit forming.*
- Available as a delicious chewable tablet or an easy-to-swallow vegetarian capsule.

How to Use GABA-Pro

- Chew 1-2 tablets up to 3 times per day or as directed by a health care professional.
- 1–2 capsules up to 3 times per day or as directed by a health care professional.

Cautions and Contraindications

- 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. Do not use with alcohol. Keep out of reach of children.

USER NAME: _____

PROFESSIONAL NOTES:

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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 may be supported by increasing foods rich in the amino acid L-glutamine.* These include beef, chicken, fish, eggs, milk, dairy products, wheat, cabbage, beets, beans, spinach, etc.¹³
- Gamma-amino butyric acid (GABA) is a non-essential amino acid formed from glutamic acid with the help of vitamin B6.
- Sixty-minute Asana yoga sessions may help support healthy GABA levels.*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 support GABA levels.*¹⁶
- May have a synergistic action with another type of brain nutrient, phosphatidylserine (PS), which may support GABA uptake into nerve cells.*¹⁷

PROFESSIONAL CONTACT INFORMATION:

References

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